

New Year's O.T. Goal Setting

A WORKSHEET FOR REFLECTION & SUCCESS
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Take some time to reflect on your family experience. Use the prompts below to guide your planning for occupational therapy goal setting!

1.) What have you and your child been struggling with recently? What has been going well this year?

2.) Identify a goal (or goals!) that you and your child would like to achieve this year.
Ex: Tying shoes independently

3.) How will achieving this goal improve family life?
Ex: We will be able to leave the house in a quicker manner.

4.) What strategies will you use to implement change?
Ex: I will present shoe tying in multiple steps, starting with laces off the shoe and just making ears. Then, I will introduce the wrap around action. Then...

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5.) How can you incorporate play into your plan for achieving this goal?
Ex: I will create a story riddle about the bunny going down the rabbit hole

6.) Can you seek help from outside sources to achieve this goal?
Ex: I will work reach out to Empower Kids Therapy for help creating a plan!

7.) What milestones (both small and large!) will mark success?
Ex: Ability to make bunny ears. Ability to wrap lace around ear...etc.

**Need help? Email info@empowerkidstherapy.com for assistance in making a plan!
Together, we'll figure out how to set your child up for success.**

