

Dear Counselling Corner:

Wow, that was a quick break and now January is here! My spouse and I made some New Year's Resolutions for ourselves, but do you have any suggestions for kids? Thanks!!

Fresh Start for 2023

Dear 2023:

What a great question! I came across a wonderful article titled 35 New Year's Resolutions for Kids and Families by Karla Pope (see: <https://www.womansday.com/life/a38505784/new-years-resolutions-for-kids/>). In it, Karla Pope discusses how goal setting can strengthen bonds between parents and children by providing a sense of responsibility and purpose. Empowering kids to make a difference boosts self-confidence and teaches invaluable lifelong lessons such as self-reflection, organization, problem solving, monitoring of actions and decision-making skills. Goal setting will vary depending on the age of your child.

#### **For Preschoolers:**

You may wish to teach a new skill which they have not yet learned such as getting dressed on their own, brushing their hair or teeth, or putting their dirty clothes in the laundry. Or you may wish to encourage your child to embrace some of the resolutions below listed by Pope:

- I will put away my toys after playing with them.
- I will share my toys with siblings and friends.
- I will use my words to express my feelings.
- I will go to bed without putting up a fight.
- I will always say thank you when someone gives or hands me something.
- I'll at least try a bite of new foods.
- I will practice writing my name every day.

#### **For Older Children in grades 1-5**

I would recommend involving older children with their goal setting, and most importantly, try to make this a fun learning experience. Focusing on the journey, rather than the end result, may also help obtain goals more successfully. Some simple goals listed by Pope which you may wish to try include:

- I will eat more green vegetables with dinner.
- I will set myself a savings goal for my allowance.
- I will brush my teeth and floss twice a day.
- I will read for at least 30 minutes every day.
- I will find an activity or sport that I can do twice a week.
- When the weather is nice, I will play outside.

- I will limit playing video games to one or two hours per day.
- I will openly express my feelings and not be afraid to share them with others.
- I will make my bed every morning.
- I will keep my room and closet organized.

### **New Year's Resolutions for the Family**

New Year's Resolutions for the family can help create stronger connections between each other and create lasting memories. Here are some ideas Pope recommends:

- Have a family game night once a week.
- Organize a monthly or weekly family volunteer activity that supports a group or charity of our choice.
- Share our highs and lows of the day with each other every night.
- Eat dinner together as a family every night.
- Put away our devices during dinner.
- Tell each other the qualities we admire most about them.
- Participate in one physical activity together as a family once a week.
- Make dinner together at least once a week.
- Use less plastic; and be more eco-friendly.

## **HAPPY NEW YEAR!!!**

Please contact me at [hchang@sd43.bc.ca](mailto:hchang@sd43.bc.ca) if you have any questions or concerns about your child.

*The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning.*

Harriette Chang  
School Counsellor