

Setting Aims and Goals

Aims:

- Aims are what you hope to achieve, ie you hope your child will walk by years.
- It is important that you know what you are hoping to get out of any treatment your child or even you may be having.

Goals:

- Goals are often smaller bite size chunks of one or more Aims.
- This is why at Physio4kids we like to set SMART Goals with you.
- Remember you need to know what you are working towards, how it will be measured and when you expect to see the results.
- Goals need to be kept small and achievable.

<p>S = specific M = measurable A = achievable R = realistic T = timed</p>
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An example might be:

(Insert name) will be able to roll from their back to their tummy, by themselves, when asked once (insert date) (or in 6 weeks).

In this way we/you will know that the work you are doing with your child is helping / achieving the goals set.

If Goals are not being met either you have:

- ❶ *the wrong goals*
- ❷ *the wrong advice*
- ❸ *the wrong activities.*

Either way it would be time to reconsider if you should still be doing what you are doing