

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.

S = specific

M = measurable

A = achievable

R = realistic

T = timed

So 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:

- *the wrong goals,*
- *the wrong advice or*
- *the wrong activities;*

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