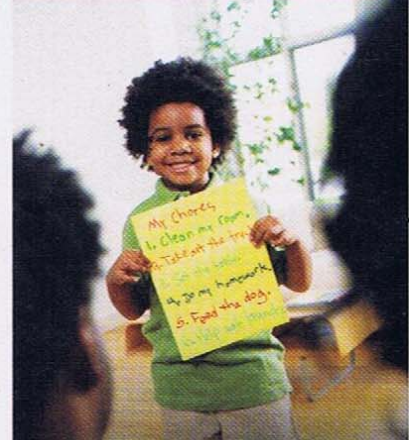


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NEW YEAR, NEW GOALS

5 steps to helping children reach theirs

As parents, we want to encourage our children to excel and assist them with their goal-setting abilities. To help parents do just that, Carol S. Batey, lifestyle coach, author and mother of six, offers these suggestions:

CREATE A WISH LIST. Have your child write out his or her goals, dreams and plans for the future.

GET INVOLVED. "Parents should actively become involved in their children's goals, regardless of the child's age," says Batey, the author of four books including *Parents Are Lifesavers* and *What's Cooking in Your Soul?* "Whether the goal is modeling, acting or playing professional football, parents can, for example, volunteer in school or make themselves visible to show support."

STAY FOCUSED. According to Batey, who reached a particular goal by being in bed by 8 p.m. every night and giving up television, it helps to have a plan. "Have kids write out a plan of action that answers the questions: What do I need to do to achieve this goal? What's my time frame? What people, places or things do I need to let go of?"

FORGIVE FAILURES. Make sure that children know that a failure is not the end, advises Batey, who began a late modeling career. "It's not about age, money or education," says Batey. "We have to forgive ourselves and not hold onto the failure. Even if it didn't happen at a certain age, there is still time."

PARENTS, MOVE OUT OF THE WAY. Listen to what your child wants, cautions Batey. "If he wants to make music, don't try and instill your expectation that he should be a doctor. You can't live your life through your child."