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kids the
Premier way!



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to set up your child's
appointment.

Hours

Monday –Thursday
8:30AM to 8PM

Friday
8:30 AM to 4PM

Saturday
8:30AM to 1PM

Closed
Sunday

Premier Pediatrics
2600 Glasgow Ave.
Suite 213
Newark, DE 19702

**We have flu
shots available!**

(302) 836-4440

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from the flu this
year. Make your
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www.Premier4Kids.com

for more information
including other
online resources.



Sincerely,

Premier Pediatrics

Happy New Year from Premier Pediatrics!

Setting and Achieving Goals

The New Year is upon us! So many of us relish this “fresh start.” It’s a great time for reflection on the past year. What are some positive ways of self-evaluation that can lead to manageable, but meaningful, changes for you and your family in 2012?

- ◇ Dream boards (see below) are a fabulous and fun medium to explore your dreams and wants for this year
- ◇ Brainstorm Big Goals (long-term) and Little Goals (short-term) with your kids. Write them down and post them somewhere visible.
- ◇ Keep track of accomplishments and feelings using charts or journal entries. See the yellow box below to link to Kid Pointz: it’s free to register and they have some great (and free!) tools available for download.
- ◇ Celebrate your child’s achievements!



Take the time to acknowledge your child’s hard work.

Not only will you see your child be more successful and responsible, but you’ll help them cultivate a difficult skill that will serve them well as they grow up!

[Click here to link to Kid Pointz!](#)

Register (it’s free!) to print out goal charts and goal contracts to inspire your family.



Crafting a Dream Board

A well-known tip for succeeding at achieving goals begins with **writing goals down**. Teaching kids to set and achieve goals is a life skill you can easily model for your kids. There is a great way to get super creative with this process by helping your child craft a **dream board**.

What you’ll need: pencils and paper, markers, poster board, scissors, glue, old and new magazines

At the top of a page of paper write, “What do I want in my life?” Take some quiet time and have kids write goals down pertaining to their dreams and ambitions in friendship, family, education, work, and their hobbies. After the initial brainstorm, the real fun of the creative process begins! Help your child find, cut, and place images and words relating to their list of goals. This is a great way to get kids thinking about what they want to achieve and the creative process gets them excited for the eventual accomplishment of their goals.

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