



## Overview of the Family Services Role in Head Start Programs

### On the Job Roles and Responsibilities: Goal-setting with Families Worksheet

#### Reflection Questions

Reflect on each question. Write your response in the space provided.

What do you enjoy about setting goals with families?

What do you find challenging about setting goals with families?

What more would you like to learn about setting goals with families?

How can professional development support your goal-setting efforts with families?

How could you individualize the goal-setting process with each family? How could an equity lens support your goal-setting efforts with families?

## Key Takeaways

- Goal-setting is an ongoing process. When families develop trust with you and understand that you are their advocate, they may be ready to identify and share their goals with you. Consider using the seven Family Outcome areas of the PFCE Framework as a guide as you and families work together to develop goals.
- The Seven Steps for Setting and Reaching Goals with Families are (1) Set a Goal, (2) Identify Skills, (3) Assess Strengths, (4) Examine Stressors, (5) Explore Strategies, (6) Determine Support, and (7) Track Progress and Celebrate Successes.
- It is important to distinguish between individual family goals and program goals. The individual family goals are part of the Family Partnership Agreement. Program goals are broad statements that describe what a Head Start program intends to accomplish.

## Next Steps

- Identify two to three key takeaways that you want to implement in your daily work.
- Complete the Action Starters table below.

Action Starters				
Something to think about or discuss more. . .	Something to try in practice. . .	When?	How?	With whom?

For more information, please contact us: [PFCE@ecetta.info](mailto:PFCE@ecetta.info) | 1-866-763-6481

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