



Creating a Family Plan to Reach Our Dreams

As parents and caregivers, you might often ask yourselves: What should I do to help my children succeed? How do I guide them? How do I teach them what they need to know? **The answers already live within you!** Through the care you provide every day—how you nurture your children, the routines you create at home, the choices you make about childcare and schools, and your participation in programs like AP-OD—you are already helping your children build a strong foundation for the future.

Make Your Dreams a Reality

Now that we've reflected on the important role you play every day in supporting your child, it's time to take the next step: turning your hopes and dreams into a clear, actionable family plan. In the following steps, you'll explore your family's dreams, set meaningful goals, identify the support you have, and choose your next steps—so you can guide your children toward a bright and successful future.

1

Your Dreams for Your Children

Every family has dreams. Taking time to name them helps us move closer to making them real. What dreams do you have for your children? (Think about their education, happiness, health, and future.)

2

Your Family Goals

Dreams become achievable when we set clear goals. What goals do you need to achieve to help your children reach those dreams? Some examples could include, "support my child's learning at home" or "build daily routines that create stability".

3

Your Support System

No parent does this alone. Recognizing our support helps us stay strong. What support do you have? This can include family, friends, schools, or community organizations. Remember: Seeking and accepting support is part of being a strong parent and leader.

4

Next Step

Small steps taken consistently lead to big changes over time. What is one step you will take to move your family closer to your dreams?

By taking time to reflect on your dreams, goals, support, and next steps, you have begun creating a clear path for your family's future. This plan does not need to be perfect—it will grow and change as your family grows and changes. Remember, you are your child's first and most important teacher. Every choice you make, every routine you create, and every step you take helps open doors of opportunity for your children.