

Resolutions for Kids

Adult resolutions often include reducing behaviors that can result in serious-health consequences and improving oneself. This year, make fun resolutions for your children and make a deal to keep them as a family. As a family, sit down and reflect on the past year. Highlight positive moments and goals everyone has reached. Then you can decide together on what you want to accomplish for the approaching year. Teach your children how improving themselves will result in great things. These lessons will last with them into adulthood.

Toddlers

You should start instilling healthy resolutions in your child at a young age. Though he might not understand the importance, it will set a good foundation as he begins to grow. According to The American Academy of Pediatrics, these are some great resolutions to make for preschool-aged children:

- Become better listeners: This will be helpful for children and amazing for parents. Your child will commit to listening when Mom or Dad asks her to do something. Help her understand by keeping tasks simple.

Ask her to pick up her toys or finish a meal for starters.

- Good hygiene: Toddlers love making a mess. Resolving to wash their hands often and accepting the fact that bath time is coming are great ideas.
- Being pet friendly: It is hard for children to understand that certain pets aren't as durable as they are. Promote friendly interactions between your child and family animals, especially if there are fragile puppies or kittens in the home.

Older Children

The AAP states that children ages 5 through 12 are more likely to comprehend a resolution and participate in the process of choosing one. This age group will benefit from these important resolutions.

- Drink more milk: Calcium is an important part of your child's developing body, so make it a point to consume more and lower the intake of sugary drinks.
- Wear a seatbelt: As soon as a child gets in your vehicle, he should buckle up without being asked. This is a great habit for children to have.
- Being kind to others: Bullying is a sad reality in the world, especially for adolescents. They can promise to be kind to their peers and report any type of abuse they see at school.

Be a Role Model

Whichever resolution your family chooses, make sure you are being a good role model by following up on the promises you made to yourself and family. Working together to keep your resolutions is a great bonding experience with your children.



Continuing Education

Even if you're satisfied with your current career and degree, you can gain great benefits from continuing your education. This year, commit to opening new doors or thriving in your current field. Lifelong learning is a great way to keep up with industry trends and thrive in your current position. It also can help you discover interests you might not have considered before, leading you down an exciting new career path.

Enhance Your Current Career

Continuing education doesn't always take place in a classroom. Whether you're a small-business owner, manager or entry-level employee, learning more about your career will help you advance and be more productive. Conferences and networking events offer incredible opportunities to gain a different perspective on your industry from peers in the same field. While you might be required to pay a fee to attend these events and pay travel costs, they should be looked at as an investment to better yourself.

Depending on which industry you are in, these events will focus on different tasks but might follow similar structures. Expect an educational seminar in which ex-

perts discuss new advancements or products. You will likely hear speeches from industry experts. Pay close attention to how they present themselves and emulate their actions in your own professional life. Once the educational portion of your conference is completed, expect to have some time to socialize with others in your industry. You will benefit from taking notes and networking with other like-minded professionals in your field.

Professional Speaking

Knowing how to properly speak in front of groups of people conveys a sense of confidence and trust in your abilities. Whether you are leading a meeting or giving a speech at a conference, your peers will take note of how you handle yourself. Unfortunately, the thought of public speaking terrifies many Americans and can inhibit the ability to advance in their careers. The good news is there are specialized classes that teach this important skill. While speaking at these classes might still be overwhelming, with practice and your instructor's advice, you will begin feeling more comfortable. These classes will likely put you in role-playing situations, giving you hands-on experience

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