Child-Centered Documentation
Growth Objectives

Category: SELF
- Increase internal sense of self
- Increase internal sense of safety
- Improve ability to make decisions and self-agency
- Increase self-regulation
- Increase experiences of co-regulation
- Increase self control and impulse control
- Increase self-advocacy
- Increase ability to self soothe
- Increase frustration tolerance
- Increase flexibility and problem solving
- Improve capacity for and utilization of coping skills
- Increase self-awareness related to thoughts, feelings, behaviors
- Increase awareness of and verbalization of thoughts/feelings/experiences/needs
- Increase window of tolerance of negative emotions and experiences
- Improve ability to recognize/identify/label/learn/communicate/ negative/positive feelings
- Improve ability to use symbol to express self
- Process and integrate neurodivergent experiences
- Process and integrate traumatic experiences through play/art/symbolic expression

Category: SCHOOL
- Increase attention span/ability to complete tasks and engage in sustained play
- Increase organization and executive function skills in play

Category: SOCIAL/RELATIONAL
- Increase relational trust and safety
- Increase ability to seek relational comfort
- Increase social awareness
- Increase social risk taking
- Increase social/physical boundaries
- Increase communication skills

Category: DEVELOPMENT
- Improve abstract thinking (ability to see gray)
- Improve relational play skills and capacity for reciprocal play and/or collaborative play

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Caregiver: Growth Objectives

Category: CAREGIVER
- Increase trust in self as parent
- Increase trust in self as parent to set limits and boundaries
- Increase self-regulation relative to child's behaviors
- Increase capacity for co-regulation
- Increase capacity to tolerate child's emotions and needs
- Increase capacity to respond and reflect child's emotions and needs
- Increase parental attunement to child's emotions and needs
- Process and integrate family-of-origin styles to shift parenting outlook