

## New Year's Resolutions for Children & Teens

The start of a new year is a great time to help your children focus on forming good habits. Making New Year's resolutions can be a fun way to do this! It is important to set healthy goals with kids – and to be realistic about those goals. Kids also love having something to work toward. They can have fun keeping track on sticker charts or getting praise or rewards as they reach these goals, depending on their age.

### Making resolutions together

Sit down with your kids and pick maybe one or two goals they want to set as their New Year's resolutions. If it's too overwhelming to think of them as resolutions, then just talk about them as goals and make it fun.



### Keep it fun

If your 8-year-old meets that goal of reading every day for a week, maybe they get to pick the family movie during the weekend. Maybe your preschooler can eat more vegetables by drinking them in smoothies that the whole family enjoys. Involving kids in the decision-making and making these fun for the entire family can help turn these resolutions into long-lasting habits.

**Here are some healthy and positive goal-setting resolution ideas grouped by age:**

#### Preschoolers:

- I will always hold a grown-up's hand whenever I cross the street.
- I will do my best to be nice to other kids who need a friend or look sad or lonely.
- I will talk with my parent or another adult I trust when I need help or am scared.

#### 5 to 12 years old

- I will always wear a helmet when riding a bike, scooter or skateboard.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.
- I will try to save time to read for fun.

#### 13 years and up

- I will resist peer pressure to try drugs, alcohol or smoking or vaping.
- I agree not to use a cell phone or text message while driving and to always use a seat belt.
- When faced with a difficult decision, I will talk about my choices with an adult I can trust.

# TEEN COURT NEWSLETTER

January 2025

**Looking for opportunities to expand your knowledge base & skills?**

## UPCOMING CLASSES

### **Mother Daughter Series - La Plata**

Learn and experience the benefits of mediation, movement, and showing empathy to each other.

Next Class: Tuesday, January 07, 2025

Location: CCSO Headquarters Building



### **Human Trafficking Awareness -La Plata**

Shared Hope aims to help Adults identify warning signs & how to keep kids safe.

Next Class: Thursday, January 16, 2025

Location: CCSO Headquarters Building

### **Human Trafficking Awareness -La Plata**

Shared Hope will help teach Teens & Families how to stay safe from online predators.

Next Class: Tuesday, January 21, 2025

Location: CCSO Headquarters Building

## DID YOU KNOW?

Charles County Teen Court is an excellent way for students to earn Community Service Hours for their Senior Portfolios or groups like National Honors Society. It is also a great way to learn what sitting on a jury feels like.



If you would like to subscribe to the Teen Court Newsletter, use the subject 'Teen Court Newsletter' to one of the contacts below:

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**For more information on  
Upcoming Classes & Events,  
check out our website:**



Teen Court Website