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Family New Year's resolutions: Commit to change together in the New Year

As the hustle and bustle of the holidays comes to a close, many parents turn their thoughts from their kids' wish lists to their own goals for the New Year.

Many resolutions can be set while sitting on the couch on New Year's Eve, trying to stay awake until midnight, but it might not be best for kids to see Mom and Dad set lofty goals that, more often than not, are never reached.

Experts say there may be a better way to focus on self-improvement in the coming year — making New Year's resolutions together as a family.

Family resolutions can be both a bonding experience for families and a way for parents to teach their kids that life is about setting goals, recovering from setbacks and celebrating victories along the way.

"Choose resolutions that you can make fun, and then focus on the fun more than the task itself, says Jennie Lyon, a sustainable living blogger living in Florida with her family."

"Resolutions can be a great way to say, 'Here are some areas of our life we can improve on, and to celebrate your family when you do!'"