

Family Rituals

to create connection & common ground

Siblings who are very different from each other need a common ground to build upon. Create that shared experience to help them bond and build a relationship.

Stick with your rituals consistently to create the feeling of safety and security.

Your kids can depend on this happening each day or week.

Don't have any family rituals right now? Choose just one as a family.



Family Game Night

Rotate who gets to choose the game.

If it's too hard for some family members, be on a team with a parent.

Same night each week.



Dinner Conversation Starter

Every night, ask each family member the same question.

"What are you grateful for about _____?" Could be your day or about a family member. Rotate family members.



Greetings for All Family Members

Encourage and model greetings between all family members.

Good morning, good night, hello when coming in, good-bye when separating.



Family Movie Night

Take turns choosing the movie- make a calendar to make it easy.

Talk about the movie- laugh together about it the whole next week.