

# Family Meeting Guide

## WHY

- Open lines of communication
- Empowering for kids to have their voices be heard
- Helps your family to stay connected, on the same page
- Gives children a self-esteem boost
- An opportunity to coordinate schedules and plan for the week
- A mental and emotional check in that is regular and consistent

## HOW

- Every week on the same day
- Do something fun together as a family at the closing- a game, dessert, a walk, a puzzle, etc.
- Keep an agenda available all week to write down anything anyone wants to talk about at the meeting.

## ROLES

- Rotate roles so everyone gets a turn being each thing
- Leader or Chairperson
  - Run the meeting
  - Can make up a silly rule such as raise your hand to talk or pass around an item to hold when it's your turn to talk
- Secretary
  - Write down ALL ideas or suggestions. Circle the one chosen.
  - A younger child can draw instead of write.
- Make up your own!
  - Caller/ Announcer- calls the meeting to order
  - Dessert boss- chooses the dessert for after!
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## **STEPS**

1. Start with compliments or gratitude to open the meeting.
2. Go through each agenda item one by one. Each person gets to give an idea or proposed solution. Write them all down- each person's input is valid (no matter what mom's opinion is).
3. Choose one solution from the list. Agree as a family. Vote if you need to. Mom & Dad CAN override at this point- but give a reason why and talk through it if necessary.
4. Optional: go over the calendar/ schedule for the next week.
5. End the meeting with a tradition such as "All those in favor say aye, all those opposed"
6. Do something fun together as a family immediately following the meeting- game night, have dessert, etc.

## **VISUAL AIDS**

Cut out the visuals from the next page as reminders to keep everyone on track. Let your kids color or decorate them for extra input and buy-in.

STAY

SOLUTIONS-

FOCUSED



I like \_\_\_\_\_ because \_\_\_\_\_.

I don't like \_\_\_\_\_.

I want \_\_\_\_\_.

I need \_\_\_\_\_.

# Family Meeting Agenda

Call the meeting to order.

Establish roles for today's meeting.

The leader chooses how to start the meeting- compliments, gratitude, or some other positive practice.

Review agenda items.

Everyone proposes solutions. All ideas get written down and acknowledged.

Stay solutions-focused. No blame.

Select a solution as a family.

Close the meeting.

Do something fun together as a family.