



The Family Meeting

How To Change The Dynamics of Your Household

Meeting Format:

- Pick 1 or more problems to address per meeting (don't overwhelm smaller kids)
- Turn off all phones and limit distracting behavior
- Have a secretary record notes (can rotate among kids & parents)
- Pick one person to lead the meeting (can rotate among kids & parents)
- Vary the length according to child's age, attention span and available schedule

Benefits:

- Can boost parent and child self-esteem
- Reduce stress, improve communication, boost happiness
- Can also make time for religion, tie into school lessons, or family values

Agenda:

- What happened last week (the good, bad & ugly)
- What's happening this week (calendar sync up)
- Meals for the week
- Future projects/activities/vacations/holidays
- Unfinished old business
- New business
- Financials that need to be discussed (with discretion in front of the kids)
- Open floor for questions & comments from anyone

Brainstorming Tips:

- Ask the kids first, not the parents
- Just like at work, can add in a themed "speaker" for certain topics

Solutions:

- Write down all tasks and procedures to make the new solution successful
- Make sure everyone agrees

Next Action Suggestions:

- Add discussed items to a calendar
- Model the new behavior/habit throughout the next week
- Post the meeting minutes near the Family Command Center

Ending Activity Suggestions:

- Family game night, dessert, movie, reading time, family walk