

Need to Strengthen the Family Bond? Try a Family Meeting

- Pick a comfortable place to meet.
- Invite everyone who lives in the house.
- Attendance is encouraged but not required.
- Encourage everyone to participate.
- Choose a leader (should vary each meeting).
- Choose someone to record minutes/details of the meeting (should vary each meeting).
- End each meeting with a fun activity.



Sample agenda:

- What happened last week (*You will be out of school until April 12.*)
- What's happening this week and future/holiday plans (*Can we agree on a plan for some school work, some help around the house, and some time for fun each day?*)
- Old stuff (*Last time we met, you asked about an allowance. Have you come up with a proposed plan?*)
- New stuff (*Our Plan A for Spring Break may have to change, can we talk about some ideas for Plan B?*)

- Money stuff (There's always money stuff) *(Now that you have an allowance, let's talk about your plan to save for the Pokemon cards you want.)*
- Something wonderful my family did for me *(Thank you for unloading the dishwasher before I got home last week!)*
- Something wonderful I did for my family *(I planned a special meal for Friday night.)*
- Questions/comments about anything that anyone needs or wants to talk about *(Do you have any questions about the Coronavirus?)*
- Fun Activity *(Board Game, Popcorn and a Movie, Nature Walk)*

Reference:

[10 Tips for Holding a Family Meeting](#)

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