
Family Meeting Outline

Invite

- Establish a time everyone agrees to to meet

Create roles

- Kids thrive from having a role. There can be a snack maker, a game chooser, a secretary, and a chair person. Feel free to make up your own roles! The key is to ensure everyone feels confident and motivated to fulfill their role.

State the problem

- Identify the problem objectively. Keep emotion and blaming out of it. Say something like, "I noticed we are all arguing about putting the dishes away. I know we can figure this out together."

Listen

- Give everyone a turn to share their concerns and what they need, without blaming others. Be sure everyone takes turns listening. I like to use a talking stick so that only the person with the stick can talk at any given time.

Summarize

- Summarize everyone's concerns and what they need. Give them the chance to correct or add anything. By doing so, everyone will feel that they were listened to and understood.

Brainstorm solutions

- Once everyone has had a chance to share their concern, brainstorm as many possible solutions as possible. Write them all down without judging any, no matter how far fetched they are. (If we shut down any ideas now, kids are less likely to participate.)

Create a plan

- Once all ideas are listed, start to cross off ones that are not feasible/non-preferred. Identify at least two possibilities and make a plan A and plan B (since our first ideas don't always work).

Execute and evaluate

- Put the plan into action and agree to check in at least within a week to see if it is working. Adjust as needed.