



# Family Meetings

**WORKSHEET**

Family meetings can be as formal or informal as you want. It is helpful to have a general format to follow, meaning that you know ahead of time what you will address. Follow the agenda below or adapt it to fit your needs.

## FAMILY MEETING AGENDA FOR

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### Follow up from last week

**Example:** Follow up from Dad on the cost of tickets to visit NASA on a summer trip

### Plans for the Week

Fill in calendar with appointments, meetings, etc. for upcoming week – everyone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY	SATURDAY	SUNDAY	

# Family Time Plans

**Example:** Discuss options for Friday fun night.

## Unresolved from Last Week

Discuss any unresolved issues from the past week:

**Example:** Karen and Suzie – fight over tv time

- What happened from each person's perspective
- What went wrong? ▸ How can it be prevented in the future?
- Talk through feelings using Active Listening and I-Messages
- Make amends or apologies

## Next Meeting

**Same place, same time**

