

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.

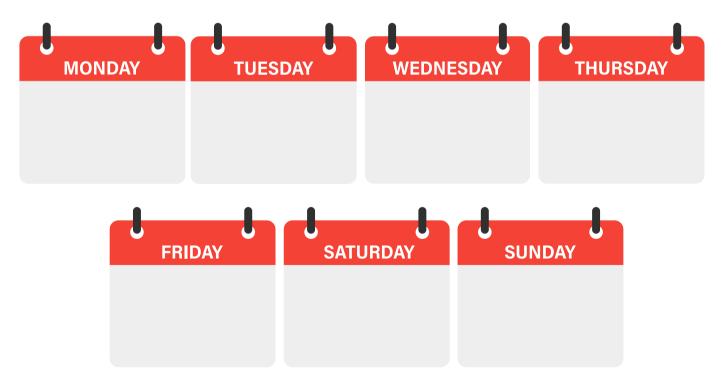
FAMILY MEETING AGENDA FOR

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



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

