

## **Guidelines for holding a family meeting**

- Choose a time when everyone is relaxed.
- Suggest having it after dinner....could even make the dinner more special
- Turn off the TV....Phone off the hook
- One member is chairperson....everyone can have a turn.
- Go around the family and ask everyone if they have something they want to discuss, eg outings, TV watching, bedtimes, chores, homework, pets, hobbies, etc.
- Suggest you put a list on the fridge, which can be added to during the week as people think of things they want to discuss.
- Each person is given a chance to speak about their concern without interruption. Then others can discuss it. It is very important that parents do not dominate the discussion and that everyone feels they are heard.
- Often chores and other subjects keep coming up. This is OK. The family can brainstorm new ways of dealing with them and sharing responsibilities.
- Meetings could include a game or fun item. Most families find meeting weekly works best.