

Weekly family meetings

A WEEKLY FAMILY MEETING IS A TIME TO BE TOGETHER, CHECK IN, AND ADDRESS ANY ISSUES THAT ARISE.



- **Make the meeting fun:** Plan a special dessert to enjoy. Create a relaxed mood with special lighting or comfy pillows.
- **Have an agenda:** While you don't want the meeting to be too formal, you should have a schedule to keep you on task.
- **Get everyone involved:** Let people take turns leading discussions. Encourage input and prioritize creative problem-solving.
- **Set a respectful tone:** This is a good time to practice resolving conflict with respect and consideration.
- **End on a good note:** If a tough topic needed to be addressed, be sure to end with something positive. Talk about fun upcoming events or brainstorm vacation ideas.

