

How to Hold a Family Meeting

- » As family leaders, parent(s) decide to begin holding family meetings.
- » Work together as a family to get everyone's commitment to the process.
- » Describe the meetings as an opportunity for the whole family to meet without anything else going on (meals, games, TV, relatives) to talk about goals & plans and strengthen what is already so great about the family.
- » Decide together when and where to hold meetings.
- » Parent(s) lead the first meeting and share leader duties as the meetings continue.
- » Create Family Meeting ground rules at the beginning of the meeting. Some examples:
 - **Listen to others**
 - **One person talks at a time**
 - **Respect**
 - **Kind words**
 - **No criticism**
 - **No fighting (take a time out)**
- » Throughout the meeting, parent(s) model praise and encouragement, active listening, asking open-ended questions and supporting everyone in sharing.
- » Try using a "sharing object" to facilitate discussion. Only the person holding the object is allowed to speak.
- » Or try using the "go around" method. Choose a topic, for example: something nice that happened today or last week, and then go around and have everyone answer the topic.
- » Before ending the meeting decide on the next family meeting date and put it on the calendar.
- » End the meeting by having everyone say one thing they learned or gained from the meeting, close with an activity, a game, a story or a fun plan!