

Family Meeting:

It is helpful for the couple to meet ahead of time and go over adult issues such as finances and other topics and have outline of the topics to be discussed with family. Have a fun activity or game and/or special food treat or meal planned and ready.

- The ungame which you can find on Amazon is a great way to learn about your children and them to learn about you.

Plan a regular day and time for family meeting.

- Find or make a large calendar for the week. if you like also to use your cell phone or computer do so and log the week of each family member. Go over each family members schedule for week. This includes weekly sport events, therapy, religion, meetings or when a family member is out of town. Note time family member will be home. This helps with security of the children and helps to avoid misunderstanding with adults/teens. Have calendar displayed for all to see and adjust if needed.
- Plan the menu for the week. This may include breakfast, lunch and dinner depending on day of week or time of year. Use this as a learning time to engage children in checking for ingredients that you have in the house and choose meals that use those items. This takes a bit of planning and patience. It is also a good time to make the grocery list. Having a list saves money and helps with teaching budget skills. Use google to help with meal ideas, kids love that!
 - Might also plan chores for meal time. If child is old enough to cook alone have them make a meal. If child is not able to cook alone this is when the parents take turns teaching each child how to prepare a meal. Even the young ones can get items to help or stir.
 - Whoever cooks the meal does not set up table or clean-up is a popular rule you may like to incorporate in your family.
 - Work as a team at meal time
 - Use meal time to connect and maybe tap in positives of the day
This is **not** the time to correct or argue or give rules. It is a time to build relationships, not ulcers or anxiety!

Parents please note sometimes you have to live with weekly spaghetti or tacos if that is a kids favorite.

- Review and adapt family values and expectations as needed.
- Plan a fun family time activity for week. It does not have to cost money it may just be breakfast in bed as a family or picnic outside, or tv/movie night and cuddle.
- Plan a time periodically to help others. Maybe at one meeting brainstorm a list and then plan time to meet this bucket list of service. Ideas may be raking an elderly person's yard or shoveling for them. Feed my starving children, Caring and sharing hands, volunteer at church event or nursery, go through old clothes, extra clothes, toys, household items and give to a family in need. Shoe box Christmas is also a fun project for children.

- I always encourage families to tap in positives together. Also teach the day one skills to all your kids as it helps everyone.
- Other items as your family deems relevant.

Add as you go and have fun with it as much as possible. It is not helpful to use this time to discipline. Do that individually with the child. Encourage change. Might want to use the sandwich method:

- State a positive
- And now we need to work on....
- End with a positive

Saying you are doing great but....negates them from hearing anything positive. It is just like at work if your boss says wow great job onbut this

You only hear the negative

Teach life skills and soothing skills to your kids. Use the Day one skills and teach them to everyone.