

FAMILY MEETING AGENDA

The rule in our house is that everyone gets ALL of what they need and some of what they want.

PURPOSE: The meeting is to ensure everyone in the family feels heard and understood. It is also important for each member to recognize and respect competing priorities.



SCHOOL & WORK

- What supplies, environment, or time do you need to do well in school or at work?
- How can we help you plan your work and work your plan?
- If I could do one thing for you to support you in this area, what would it be?



CLUTTER

- When is our weekly clean-up?
- When are rooms expected to be neat and organized?
- Who is responsible for pet care?
- What will each of us do to make our home a comfortable haven?



STAYING HEALTHY

- Why is a healthy body important?
- What does staying healthy look like for each of us?
- What are we having for dinner this week? (Place a grocery list on your fridge. Invite family members to add to the list at any time, as long as the food being requested is a healthy choice.)
- When do we exercise?
- What will each of us do to make sure we can enjoy dinner together at home? (For example, kids can set the table and pour water for everyone. By age 8, children should be expected to assist with dinner dish clean up.)



WORK/FAMILY BALANCE

- When is our family day?
- What should we do on family day?
- When is family game night/movie night/other special "just us" time?
- When is the next family meeting? Everybody mark it on their calendar (or a joint calendar everyone can see).



TIME ALIGNMENT

- Everyone do a schedule check.
- Everyone do an evening preview/week preview.



ALONE TIME

- Are you getting enough time to yourself?
- When do you need that time and how can we respect it?



CREATIVITY

- Are you getting enough free time so you can explore and create?



TIME WITH FRIENDS

- Who would like to see this week or month?

OBSTACLES

Are there any obstacles that you are facing that will keep you from living up to your family commitments?