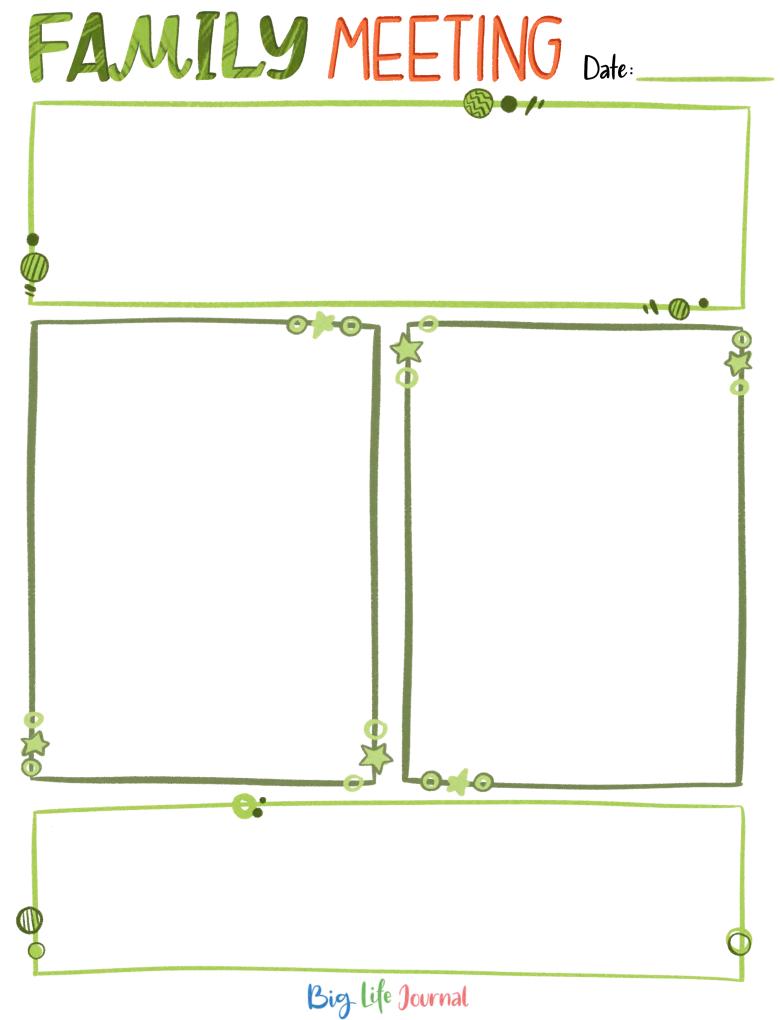
	ROLES Meeting Leader Snack Maker Notes Taker
DISCUSSION TOPICS Recognition & appreciation Week's schedule Goals Things we want to do or be better at this week Support needed (how can we help you feel loved & encouraged?) Family time (dates, trips, etc) Family time (dates, trips, etc) 	 SLARING IDEAS What went WELL last week? Not so well? What is one KIND thing each of us did last week? What is one new thing each of us LEORNED last week? What are we EXCITED about in the upcoming week? What is each of us GROTEFUL for?

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4 steps to a successful Family MEETING



ENCOURAGE PARTICIPATION

The ultimate point of family meetings is to connect and listen.

- **Pair meetings with incentives** (post-meeting dessert, board games, or other fun activities)
- Let kids choose their roles (recording secretary, leader, or snack maker, etc.)
- Keep meetings short (about 15-30 minutes).
- **Stay flexible** and never coerce kids into participating. Instead, invite them to share if they'd like to.



STEP 2: SHIFT FROM A **FIXED** TO A **GROWTH** MINDSET

Kids do best when guidelines are clear. Consider ground rules, such as:

- Day, time and meeting place that works for everyone
- Frequency of meetings (once a week is recommended)
- Who fills the roles of "leader" and "note taker" each week
- Only one person talks at a time
- No electronics
- Everyone participates



STEP 3: STOP CATASTROPHIC THINKING

Agenda can be simple and brief, with no more than 3-4 steps. Generally, it can cover:

- a brief opening activity
- discussion time
- positive closing activity



STEP 4: PRACTICE PROBLEM-SOLVING

Expect challenging moments. Each difficulty is an **opportunity to grow** your "family brain" by tackling the challenges together.

- **Resistance to participating** Remind them this special time was created for them to influence what happens in the family.
- **Issues are not resolved** Know that simply by talking about what's happening, you're making a difference.
- **Parents run the show** While your kiddos are speaking, simply breathe and focus on what they have to say.









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