

## **Guidelines for the Family Meeting**

A family meeting provides a fine opportunity for sharing family rules. However, use the meeting to provide opportunity. Do not let the meeting be a punishment. Use the following guideline to make these meetings a pleasant success.

1. Meet at a regularly scheduled time, date, and place.
2. Agree upon the length of the meeting and hold to the time limits. The meeting should include everyone in the family (household) and not last for more than 30 minutes.
3. Treat each member of the family as an equal. Parents should keep things moving while providing guidance.
4. Encourage everyone to participate and allow each person time to be heard.
5. A new leader for each meeting. Rotate chairmanship so that everyone has the experience of leading the meeting.
6. Keep the meeting open and encourage the free expression of feelings. Reflect feelings and model "I statements."
7. Help the family pinpoint real issues. However, recognize and consider all ideas. Encourage creative problem solving.
8. Recognize the good things that the family has accomplished. Keep the meeting pleasant and upbeat.
9. Use the meeting to plan fun events and recreation.
10. Finally record all the plans and the decisions that were made and post it. Family members need to honor what is agreed upon in the family meeting.