



## Family Meetings

### What is a family meeting?

A family meeting is a chance for the family to spend quality time together, celebrate successes and solve problems, and learn and grow together. The intent of family meetings is to make day-to-day life run more smoothly, help everyone get along better, and reinforce feelings of love and respect between everyone.

Family meetings are a great way to bond and reinforce rules and values. Our learning guide will teach you how to conduct an effective family meeting, step-by-step.

# Why have family meetings?

There are so many ways that families can benefit from regular family meetings! Family meetings provide quality time that helps everyone to bond, connect over important topics, and have fun together! They also allow parents to teach rules, routines, and values proactively to set the stage for positive behavior. During family meetings, participants practice skills like effective communication, active listening, turn-taking, and problem-solving.

## Basic Components of a Family Meeting:

- Reassure child of safety and love.
- Explain (in a way that is appropriate for the child) how you resolved the issue.
- Take accountability for your actions.



**Subscribe to learn how to conduct a family meeting...**