




★ COMMUNITY
★ GUIDANCE
★ SUPPORT

FAMILY MEETINGS

Many family conflicts can be avoided by having regular meetings attended by all family members. You might use a family meeting to resolve conflicts, share good news, or give people a chance to talk about their feelings relating to an issue that affects all of you.

Family meetings have many benefits that include

- encouraging cooperation;
- fostering a sense of responsibility;
- clarifying values; and
- giving everyone a chance to express themselves.

 Write at least one more reason why a family meeting might be useful for your family.

How often should family meetings take place? That is up to you! You may want to have a weekly meeting. You may want to have a monthly meeting. Or you may want to have them only when you think they are needed.

How often do you think your family should hold family meetings? _____

When is the best time to meet? Find a time that works best for your family. You may want to meet after dinner on a weeknight. You may find that Saturday mornings work for you. Just make sure that it is a good time for everyone in your family and that everyone knows about it in advance.

When do you think your family meetings should take place? _____

Where should meetings be held? Choose a place that is comfortable and has room for everyone to sit down. Try the kitchen table, the living room, or even a picnic table in the backyard. Make sure there are no distractions like toys or a television nearby.

Where will you hold your family meetings? _____
