

FAMILY MEETINGS: 101
George & Danisha Wrighster

Welcome to your guide for the Family Meeting 101. We encourage you to follow along to our recorded session and to check out the "cheat sheet" beginning on page 2 for suggested tips & improvisations that may work better for your family.

- 1) Prayer
- 2) Week in Review
 - a) Last week recap... Things we did well or Need to Improve
 - b) Family Monthly Goals Recap/Check In
 - c) Best part of week
 - d) Most challenging part of the week
- 3) Updates/Announcements
 - a) Important Dates
 - b) Changing Cable Company
 - c) Upcoming Trip
 - d) Potential Changes upcoming
- 4) Schedule
 - a) Practice
 - b) Games
 - c) Vacation
- 5) Topic of the Week: Kindness, Support, Goals and Vision Boards
 - a) Vision for the family
 - b) Write down your goals for the school year
 - c) Staying motivated
- 6) Family Goals for the Week/Month
 - a) Chores done
 - b) Projects done
- 7) Express yourself
- 8) REAL MVP
 - a) Nominate someone else in the family and why

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Family Meeting Cheat Sheet

Be consistent. Pick a day or time or the week that routinely works so they can all expect it. Meeting should be 30-45 MAX. You don't like to be in boring meetings at work, so don't do it at home. We print out the itinerary before or write it on paper so everyone has a copy.

- 1. If you are a family who doesn't pray or faith isn't very important to your family, pick another tradition that breaks the ice.** Singing a song, play a theme song that you take turns choosing. Start the meeting on a positive note.
- 2. REMAIN PATIENT!** Let everyone know this is a new activity and ask them to participate. The older kids may pretend to hate it but they will eventually grow to love it. Teenagers are not always super excited to participate and will give one word answers or say "I don't know", which may prompt some of the younger kids to have a bad attitude too. Don't worry! it will get better if you stay patient and loving.
- 3. For most families, the kids are last to know information.** If you keep them abreast of changes coming up, they will feel more connected.
- 4. Our family functions much better when we all know what is coming up.** Everything from chores, games, practice, etc can either be put on the family digital calendar or printed calendar in a common area. Schedules help kids a lot and set expectations, but do not set their calendar more regimented than your own. Consistency and leading by example are king.
- 5. Talk to the kids about the home life you want to create and why.** School is starting back. This is the perfect time to set goals and make vision boards. Show them examples, and be ok with the visions they set for their lives because they will change.
- 6. What are your family goals for the week?** No clothes on the floor? Watch church service? Watch a movie together? Workout together?

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These should all be positive and potentially have a small reward attached to them if you all achieve them.

7. Create a space where each member of the family can air grievances and express their opinions respectfully. This is a hard one for us who grew up in “children are to be seen and not heard families.” But give them a voice. Nothing may change, but they will feel heard and acknowledged. REMEMBER, they are not wrong for their feelings.

8. Everyone gets to choose a “Real MVP” of the week. Someone who either went over and above to help, or did something good in school, sports, the community, etc.