

FAMILY MEETING

FOR BLENDED FAMILIES

Use this as a guide and worksheet.

1. Pick a set day and time when all family members can attend, like a Sunday evening. 20-30 minutes is a good time for the meeting.
2. Make sure the meeting is positive and meets the needs of all family members. Let everyone be involved and heard. Keep an open mind!
3. Take turns speaking and follow the agenda below

FAMILY RULES

Create and set your family rules. Evaluate the family rules each week and remind the family about the rules

EVALUATE LAST WEEKS CONCERNS

Discuss whether last week's concerns have been addressed or if any adjustments are still needed

NEW CONCERNS

Discuss concerns that you have. Talk from your needs and how you feel. Identify the issue and brainstorm possible solutions.

ACTION PLAN

Make an action plan: Evaluate the solutions from the concerns you raised and choose one. Then try out the solution until next week.

FUN ACTIVITY

Plan a fun activity for the family to do during the week.