

Tip Sheet: Family Meetings

Family meetings are a great way for families to work as a team and check-in with how everyone is coping each week. As the COVID situation continues, it is to be expected that you and your children will experience a wide range of different thoughts and feelings.

Heightened emotions and being confined to our homes, can also result in stress and sometimes extra conflict. The family meeting can create a sense of routine and fun for your family, while at the same time, give you the chance to 'check in' on how everyone is coping, emotionally, physically and socially.



Top Tips:

- A meeting can be part of your Family Time and can be followed by a fun activity together.
- Try and have regular family meetings even if they are just a quick 'check-in' for everyone to share how they are feeling.
- Sometimes you might need to call a family meeting outside of the scheduled time, if you have something that needs to be discussed or organised.
- Ask questions that get everyone talking about the routines and schedules e.g. How do you all think we are going this week? What is working well? What could we work on and do better?
- Ask your children to contribute ideas for improvements in how things could be improved to make everyone's week run smoothly.
- Make sure your family meetings are positive and happy times.
- Even if there are some issues to discuss make sure you also talk about something good and always end the meeting on a positive.
- Let your children chair the meeting and create a list of topics for discussion that you all contribute to. These might include:
 - Reviewing the weeks activities.
 - Celebrating things that have happened.
 - Organising or coordinating family activities.
 - Bringing the family planner up to date.
 - Discuss any problems or issues.
 - Reviewing family agreements and rules.
 - Decide on or check-in on family chores.

The Fathering Channel at www.thefatheringproject.org #thefatheringchannel

Our new virtual community, The Fathering Channel, is all about engaging dads, building a collective support group, positive messaging, and strengthening the fathers-child bonds - for the benefit of kids. Explore the channel now at www.thefatheringproject.org and find podcasts, videos, chat forums, research-based reading materials and light-hearted celebrity conversations. New content dropping every day!

More information or links to support for you and your family: www.thefatheringproject.org/at-home