

Tips for Family Meetings

1

Ensure that everyone is listening and emotionally tuned-in.

2

Empower children to have voice in scheduled activities.

3

Document commitments and check in to see if they've been completed.

4

Create a technology-free zone for the meeting.

5

Check in on everyone's stress levels: notice your child's social cues.

6

Model effective communication and collaboration as a critical life skill.

7

Plan family "rewards" if everyone meets daily commitments.

8

Ask each family member what they are grateful for today.

9

Use family meeting time to allow your children to ask questions about the current world situation.

10

Have older children help out by planning parts of the meeting.



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