

Families Matter!

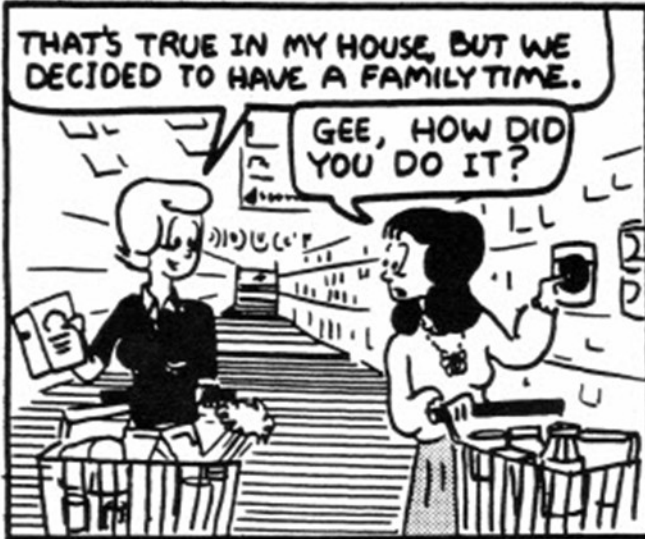


AN EXTENSION *Just in Time Parenting* NEWSLETTER

The Tale of Family Meetings

A STORY ABOUT HOW A FAMILY FOUND A WAY FOR SPENDING TIME TOGETHER





WELL WE TALKED ABOUT HOW EVERYONE WAS TOO BUSY TO GET TOGETHER AND THEN WHEN WE WERE TOGETHER EVERYONE WAS TOO TIRED WE JUST GRIPED A LOT! WE ALL AGREED THAT WASN'T ANY GOOD!



I KNOW THAT HAPPENS IN MY HOUSE A LOT.



FIRST WE DECIDED WE WERE GOING TO GET EVERYONE TOGETHER FOR A FAMILY TIME- A GOODTIME. WE PICKED SATURDAY NIGHTS.



I LIKE THIS IDEA, BUT I'M NOT SURE WE'RE READY FOR A SCHEDULED MEETING TIME.



NOTHING HAPPENS OVERNIGHT. WE STARTED OFF JUST HAVING A TIME FOR US.



IT WAS OUR TIME TO TALK TOGETHER AND REALLY LISTEN. EACH PERSON HAD A TURN TO TELL WHAT THEY HAD DONE THAT WEEK



IF THERE ARE CONCERNS OR TOPICS WE TALK ABOUT THEM, BUT WE KEEP THAT PART SHORT. AFTER THAT WE TALK ABOUT ANY NEW DECISIONS-AND THEN WE HAVE FUN.



WE'VE BEEN TRYING TO MAKE SOME DECISIONS TOGETHER. MAYBE WE COULD DO THAT AS PART OF OUR FAMILY TIME.



SOMETIMES WE DO THAT. THE MOST IMPORTANT THING FOR US IS THAT IT IS A POSITIVE TIME. IT GETS ME AND MY MOTHER TOGETHER WITH THE KIDS IN A GOOD WAY. I EVEN FEEL CLOSER TO MY MOTHER.



WE TRIED SOMETHING LIKE THIS ONCE, AND IT JUST TURNED INTO A FIGHT.



IT SURE HASN'T BEEN ALL PERFECT. WE TRY DIFFERENT THINGS TO SEE WHAT WORKS FOR US. AT EACH GET-TOGETHER WE PICK A LEADER. EVERYONE GETS A TURN. THIS PERSON RUNS THE EVENING.



I'M GOING TO TALK TO MY FAMILY, AND SEE IF THEY LIKE THIS IDEA.



A DAY LATER EVA TALKS WITH JOSE AFTER THE KIDS HAVE GONE TO BED.

I WAS TALKING WITH GLADYS TODAY ABOUT HOW FAMILIES DON'T GET TOGETHER ANYMORE. I THOUGHT MAYBE WE COULD HAVE A FAMILY TIME.





THE NEXT DAY AROUND THE TABLE





Ideas For Family Meetings

Family Time together can be a good time for all!

A family meeting can be a time to:

- Listen to each other.
- Talk to each other.
- Make decisions together.
- Share time as a family.

Planning a family get-together can be a good way to start working as a family.

When having meetings to talk about concerns:

- Be brief—no more than 1/2 hour.
- Take turns speaking. Everyone gets a chance to speak. • Listen to each other.
- Select a leader. Work together.
- Review any decisions. Make sure everyone understands. • Have a list of topics for each meeting.

Family meetings can be a time to:

- Talk about problems.
- Schedule family duties and chores.
- Plan family fun.
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Have a good month!

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Families Matter! is produced by Dr. Patricia Tanner Nelson, Extension Family and Human Development Specialist, University of Delaware. This issue was adopted from materials prepared by Dr. Robert Hughes, Jr. for Cooperative Extension, University of Illinois.

REV7/12



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Tale of Family Meetings

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