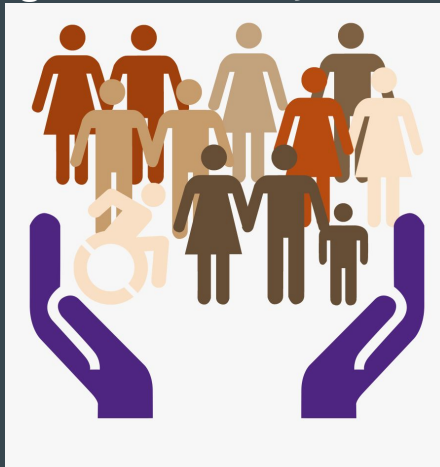


A Quick Look @ Inclusive Practices Family Edition

Building Positive Family Relationships



Family Meetings

- Talk
- Share
- Laugh
- Devices off
- Get to know you questions



Positive Communication

- Stop and listen
- Be open to talking about difficult things
- Be open to talking about all feelings
- Share your feelings too
- Plan for difficult conversations
- Specific positive praise



Model, Model, Model

- Respect
- Caring
- Self control
- Decision making
- Think alouds



Teamwork

- Shared household responsibilities
 - Shared family rules
 - Solve problems together
 - Take interest in each other's lives
 - Acknowledge differences & similarities
 - Share family memories
-
- Have fun!



Resources

<https://helpyourteennow.com/10-team-building-activities-to-do-with-your-family/>

<https://www.signupgenius.com/home/team-building-activities-teens-families-couples.cfm>



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