

Aug

Sep

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Resources

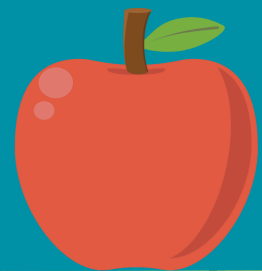


Quick and Easy



Behavior

Interventions



Aug

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Jan

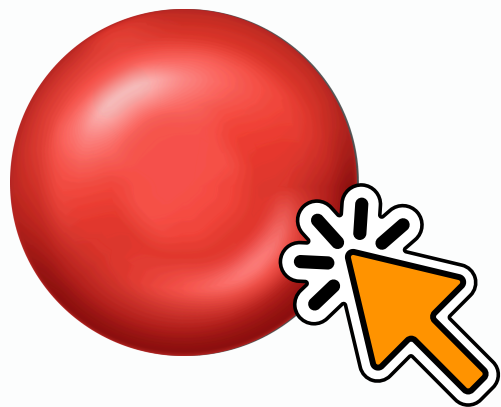
Feb

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Bringing Back Family Meetings

After the holidays, there can be an array of emotions that may spiral from your child having to get back into routine and resuming school. **Family Meetings** can be a great segway to engage your children to allow them to feel seen and heard.

Talking points:

1. Decide expectations
2. Have a family meeting
3. Use positive reinforcement
4. Use consequences for inappropriate behaviors

To see this in action, click the red button.

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Goal: Helping families to not just survive, but thrive social-emotionally during crisis.

OBJECTIVE:

Family Meetings are an awesome way to communicate and build stronger family bonds. It allows each member of the family to have a voice and be aware of what is happening within the family.

As we move forward into the new year, it is important that families come together to stay united. During your family meetings be open and have fun as you plan for Family Fun Nights that could include movie nights, game show nights, or board game nights. Use this time to come together and strengthen each other.

INSTRUCTIONS:

- Open with Positive Praise (High Fives)
- Develop Routines (Family Calendar – Family Menu)
- Personal Challenges/Expectations and Feelings Checks
- Wrap Up – Family Fun/Clap Up
- Family Pictures (Families can upload their pictures)

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Additional Resources

- Suffolk Public Schools-Parent Help Center

CHKD Parenting Resources

- Western Tidewater Community Services Board

