

OUR FAMILY MEETING ALBUM

A Positive Discipline Tool for Building Connection, Responsibility & Character

■ INSERT FAMILY PHOTO HERE

Print this page and insert a family photo
into the clear plastic cover of your 3-ring binder.

Family Name: _____

Started: _____

How to Use This Album

Family meetings are one of the most powerful tools in Positive Discipline. They give every family member a voice, teach problem-solving, and build connection and responsibility.

Benefits of Regular Family Meetings:

- Children feel heard and respected
- Problems are solved together (not by punishment)
- Family members learn to listen and take turns
- Builds a sense of belonging and significance
- Teaches life skills: planning, decision-making, responsibility
- Creates positive family traditions and memories

Recommended Frequency: Once a week (same day/time works best)

Tip: Keep meetings short (15-30 minutes) and end with something fun or appreciation.

Typical Family Meeting Structure:

1. Compliments & Appreciation	Start positive – each person shares something they appreciate
2. Review of Last Week	Follow up on action items and celebrate successes
3. Agenda Items	Anyone can add items (use the agenda pages in this album)
4. Problem Solving	Use curiosity questions and focus on solutions
5. New Action Items	Decide who does what and by when
6. Fun / Closing	Plan a family activity or end with gratitude

Family Meeting Agenda — Page 1

Date: _____

Time: _____ to _____

Facilitator: _____

Note Taker: _____

Time	Item / Topic	Who
____ min		
____ min		
____ min		
____ min		
____ min		
____ min		
____ min		
____ min		

Notes / Key Points:

Family Meeting Agenda — Page 2

Date: _____

Time: _____ to _____

Facilitator: _____

Note Taker: _____

Time	Item / Topic	Who
____ min		
____ min		
____ min		
____ min		
____ min		
____ min		
____ min		
____ min		

Notes / Key Points:

Family Meeting Agenda — Page 3

Date: _____

Time: _____ to _____

Facilitator: _____

Note Taker: _____

Time	Item / Topic	Who
____ min		
____ min		
____ min		
____ min		
____ min		
____ min		
____ min		
____ min		

Notes / Key Points:

Family Meeting Notes

Date: _____

What went well this week / Celebrations:

Challenges / Agenda Items Discussed:

Solutions & Decisions Made:

Action Items & Follow-Up

Meeting Date: _____

Action Item / Task	Who	By When	Done?
			■
			■
			■
			■
			■
			■
			■
			■
			■
			■

Follow-up Notes for Next Meeting:

Family Appreciation & Compliments

Start every meeting by going around the circle. Each person shares one genuine appreciation for another family member.

Meeting Date: _____

Round 1:

Round 2:

Round 3:

Round 4:

Problem-Solving Page

Use this page when there is a recurring issue or a new problem to solve together.

Problem / Situation:

Curiosity Questions We Asked:

Possible Solutions (brainstorm without judgment):

Chosen Solution & Action Plan:

Extra Notes & Ideas

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Family Goals & Dreams

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.