

**SESSION**

**13**

**FAMILY COMMUNICATION: BUILDING AND ADAPTING  
STRUCTURES FOR LONG-TERM PLANNING NEEDS**

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**SESSION TOOLS**

**The following materials are included for you to utilize during Session 13 of this module:**

**Handout:** Parent-O-Meter

**Handout:** Goal Line

**Handout 13.1:** Family Communication

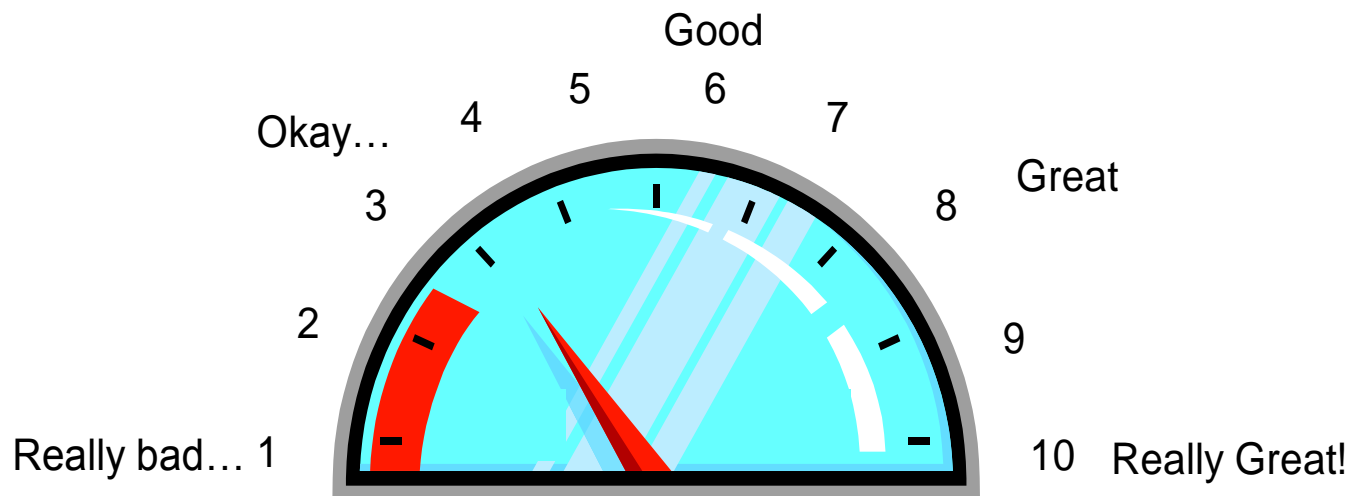
**Handout 13.2:** Four W's and an H!

# Parent-O-Meter

This Week's Goals: \_\_\_\_\_  
\_\_\_\_\_

How did my parent(s) do?

CIRCLE A NUMBER!



# Goal Line



**Directions:** Place a check mark in the "Progress" Box each time a Goal is completed.

Number	Goal	Progress						
		M	T	W	Th	Fr	Sa	Su
1								
2								
3								
4								
5								

## Rewards for Goals Achieved:

**Ex., 4 checks for homework done before TV time = One hour of an activity with Mom or Dad**

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HANDOUT 13.1

# Family Communication

Family meetings are one way to respond to the changing needs of developing children. Family meetings can serve to continue positive parent involvement in children's lives and to prevent problems in the future.

**FAMILY MEETINGS CAN BE USED TO:**

- Develop plans for spending positive family time together
- Discuss problems that have arisen in the family
- Review the rules, expectations and consequences for behavior
- Negotiate with children about their requests for special privileges
- Revise the household rules

**SOME IDEAS REGARDING FAMILY MEETINGS INCLUDE:**

- Schedule family meetings on a regular basis.
- Make mealtime a time for the whole family to sit down together and talk.
- Have everyone write down their concerns and bring them to the family meeting.
- Hang a bulletin board/chalk board in a central location for family members to write down agenda items.
- Give children permission to come to the parent on an "as needed" basis to discuss concerns.
- Circulate an "Invitation" to each family member. The invitation will have basic information such as date, time and place of the next meeting and will include spaces on which people can write their agenda items. Each person should bring the invitation to the meeting.

When: \_\_\_\_\_

Where: \_\_\_\_\_

Time: \_\_\_\_\_

Agenda: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Four W's and an H!

To be completed by the child and presented to the parent *BEFORE* all outings.

**1. WHO I will be with:**

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**2. WHAT I will be doing:**

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**3. WHERE I will be (including phone number):**

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**4. WHEN I will come home:**

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**5. HOW I will get to and from my destination:**

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_