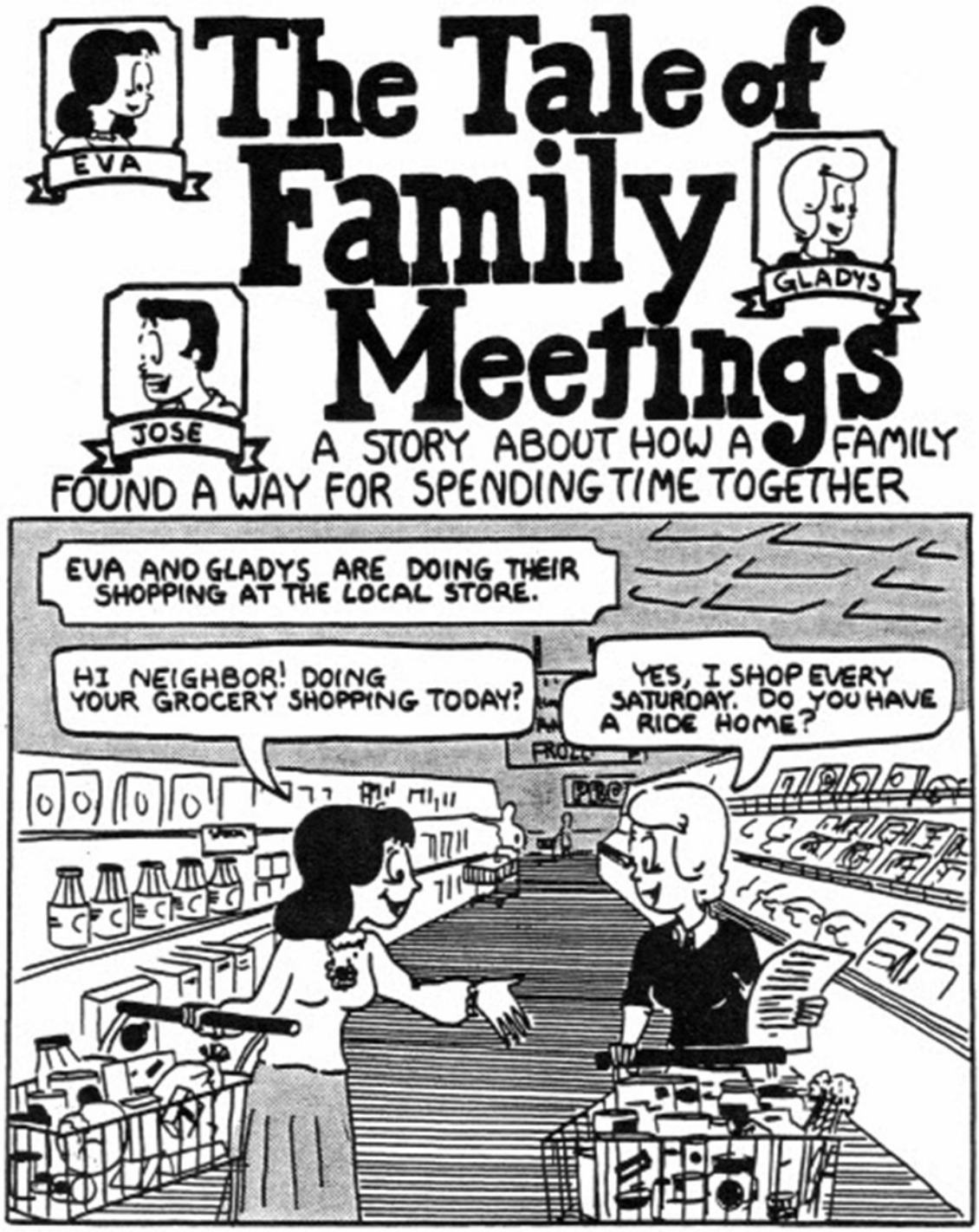
Families Matter!

University of Delaware

AN EXTENSION Just in Time Parenting NEWSLETTER



I HAVE TO GET HOME RIGHT AWAY. WE'RE HAVING OUR "FAMILY TIME" TONIGHT.
IS THERE A TIME WHEN YOUR FAMILY GETS TOGETHER?
WHAT DO YOU MEAN? WE'RE TOO BUSY TO FIND TIME TO BE TOGETHER!
THAT'S TRUE IN MY HOUSE, BUT WE DECIDED TO HAVE A FAMILY TIME.
GEE, HOW DID YOU DO IT?
WELL, ONE EVENING WHEN ALL OF US HAPPENED TO BE TOGETHER, MY MOTHER STARTED TALKING ABOUT THE DAYS WHEN THE FAMILY USED TO DO THINGS TOGETHER.
YEAH, BUT FAMILIES JUST AREN'T LIKE THAT ANYMORE.
OH I KNOW. I THOUGHT HERE WE GO AGAIN ABOUT THE GOOD OLD DAYS, BUT THE KIDS WERE INTERESTED.
SO WHAT HAPPENED?

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.
POOL
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.

LOOK YOU KNOW I DON'T LIKE MEETINGS.
WELL, IT DOESN'T HAVE TO BE A MEETING. IT COULD BE JUST A TIME WE'RE TOGETHER AS A FAMILY.
WELL, I'M NOT SURE. LET'S TALK WITH THE KIDS.
THE NEXT DAY AROUND THE TABLE
WE'VE BEEN THINKING THAT MAYBE WE COULD GET TOGETHER AS A FAMILY ON FRIDAY NIGHTS.
WHAT FOR?
IT WOULD BE OUR SPECIAL TIME TOGETHER... WE COULD MAKE A SPECIAL MEAL OR SNACK AND JUST HAVE SOME FUN.
IT'S NO FUN STAYING HOME!!

WE WOULDN'T HAVE TO STAY HOME. THE IDEA IS A TIME TOGETHER. LIKE WE COULD HAVE A PICNIC. GO SWIMMING, OR GO FOR A WALK.
THAT SOUNDS O.K.
NEXT WEEK, EVA STOPS BY TO SEE GLADYS
HAVE YOU TALKED WITH YOUR FAMILY ABOUT A FAMILY TIME
YES! WE'VE STARTED! BUT WE ARE A LONG WAY FROM TALKING ABOUT CONCERNS.
DON'T WORRY. DO WHAT'S RIGHT FOR YOUR FAMILY. YOU NEVER KNOW WHAT THAT TIME TOGETHER WILL LEAD TO.
YOU'RE RIGHT! WE'VE MADE A START AND ALREADY WE'RE DOING SOME PLANNING TOGETHER.
IT SOUNDS LIKE A GREAT START!

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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Tale of Family Meetings

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