

Parenting Meeting Outline for Couples

1. Start with Appreciations Exercise or Couples Serenity Prayer
2. Create an agenda – one section for each child – someone to take notes
3. Start with youngest first
 - a. How are they doing at home and at school or daycare?
 - b. Each parent shares feelings about this child – use a timer
 - c. What problems need to be solved? Make a list.
 - d. Do we need expert help with this? (pediatrician, dentist, child's therapist)
 - e. Develop a timeline – what is the deadline for this problem?
 - f. Summarize
4. Repeat for each child
5. Develop an action plan – who will do what, when?
6. Add to calendars
7. Thank each other for meeting
8. Be sure to take mini-breaks when nervous system is activated
9. Try to keep meeting to 30 minutes
10. Refer to notes if any dispute about decisions made in meeting