



FAMILY "T.O.A.D." MEETING

PART I

T- TOPIC:

O- OUR OPTIONS:

1. _____ 2. _____
3. _____ 4. _____

A- ANALYZE OPTIONS:

PROS: _____

PROS: _____

PROS: _____

&

CONS: _____

CONS: _____

CONS: _____

D- DECIDE & EXECUTE:

"OUR FAMILY MUST.."

PART II

“SUPPORT ONE ANOTHER”

IDEAS:

⇒How can I help support ____?

Idea- 1.

Idea- 2.

Idea- 3.

Idea- 4.

PART III

Asking Questions:

Meeting Evaluation

	Yes	No
<input type="checkbox"/> STAYED ON TASK	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> PARTICIPATED	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> MEETING'S MISSION REACHED	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> INFORMATION ABSORBED	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> ALL IN FAVOR	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> TOOK TURNS (WITHOUT INTERRUPTING)	<input type="checkbox"/>	<input type="checkbox"/>

PART IIII

OPEN DISCUSSION:

- Meals
- Good behavior = Dinner of his/her choosing

- Debriefing
- Show those boogers some love!!!

Family Rules List

1. Tell the **truth**.

T.H.I.N.K. before you speak

2. Treat each other with respect.

x **no yelling**

x **no name-calling**

x **no put-downs**

x **no pinching**

x **no hitting**

x **no scratching**

x **no kicking**

3. **No** arguing with Mom (or other adults).

⇒ *We want and value your input and ideas,*

but arguing means you have made your points more than once.

4. Respect each other's property.

⇒ **Ask** to use something if it doesn't belong to you.

5. Do what Mom says the first time.

⇒ *Without complaining or throwing a fit!*

6. Ask permission before you go somewhere.

⇒ *Let an adult know where you are, at ALL times!*

7. Put things away that you take out.

8. Look for ways to be supportive and helpful to each other.

⇒ *Work together, as a TEAM!*

A special thanks to all my friends, out there, in the ADHD community!
Without you, I wouldn't be motivated to create documents, like these!

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Thanks for visiting me (& my mayhem)!

[ADDing to the mayhem: momx3 with adhd](#)

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THE ADHD PROJECT

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