



This an example of a family agreement that you may want to decide to use as a family. It is useful because it brings everyone together so that everyone can contribute, and everyone can share their thoughts and feelings. Having choice is important and children and young people will value the opportunity to voice their choices, to be included and to be able to express their views.

This agreement has purpose and meaning and should make everyone feel valued because they are contributing to how the family can help and support each other in this new reality, rather than being told what to do by the adults. It is important that younger children are included and they too are heard and their thoughts and feelings valued.

It may also be helpful in the days and weeks ahead to remind each other of what was agreed in your family, particularly if the children and young people feel that what has been agreed is no longer 'fair'.

Once you have decided together what is important to all of you to support each other, your agreement could be drawn as poster, created on a computer, collaged, or made in any way that you choose. Try and have two copies and put them in the areas of your home that you share together, for example, on the fridge and on the living room door.

If the agreement needs changing after a while, sit back down together as a family and talk it through. Discuss as a family why the original agreement isn't working for everyone, and problem solve this. It may mean that you alter your agreement slightly, but what is important is that everyone invests in this and you work out what works for you as a family.

THE _____ FAMILY AGREE THAT WHILE WE ARE ALL AT HOME TOGETHER, WE WILL TEAM UP AND HELP EACH OTHER BY:

GETTING UP TOGETHER AT (INSERT TIME).

HAVING BREAKFAST TOGETHER AT (INSERT TIME).

DECIDING TOGETHER WHAT OUR ACTIVITY MENUS ARE FOR THE DAY AND GETTING DRESSED.

DECIDING TOGETHER WHO WILL USE THE LAPTOP AND/ OR IPAD AND WHAT TIMES WE WILL USE THEM.

DECIDING TOGETHER WHAT OUR JOBS ARE IN THE HOUSE (LIKE WHO WILL WASH THE POTS/ LOAD THE DISHWASHER).

DECIDING TOGETHER WHEN THERE IS FAMILY TIME, LIKE PLAYING A GAME, SHARING A ACTIVITY ETC.

DECIDING TOGETHER WHAT TIME THE LEARNING/ WORKDAY ENDS.

DECIDING TOGETHER WHEN YOU WILL HAVE YOUR EVENING MEAL (INSERT TIME).