

“The health, productivity, and creativity of any society are the direct result of how the children of that society were treated.”

—Dr. Bruce Perry, M.D., Ph. D



*the*  
**Nurturing Center**

STRENGTHENING FAMILIES, SUSTAINING COMMUNITIES

STRONG FAMILIES BUILD STRONG COMMUNITIES

The Nurturing Center's goal is to ensure that each child has the right to be treated with respect and live in safety with secure, healthy, nurturing relationships.

### *Family Meetings*

*By Susan Christofferson*

- 1) All family members participate.
- 2) Everyone can share ideas freely. Respect for ideas is important.
- 3) Share problem behaviors in a non-judgmental way.
- 4) Brainstorm solutions
- 5) Choose the best solution that everyone can agree on and WRITE IT DOWN.
- 6) Choose the reward and the consequence.
- 7) Only try to make and keep a few rules at a time.
- 8) All family members respect and follow the rules.
- 9) New rules can be added and old ones retired as needs change.