

10 TIPS FOR FAMILY COLLABORATION

1. **Create a family timetable & routine**
 2. **Hold a regular family meeting**
 3. **Create a family reward chart**
 4. **Share out the chores**
 5. **Menu plan for the week together**
 6. **Respect each other's privacy & have time out**
 7. **Plan quiet time**
 8. **Exercise & have fresh air**
 9. **Recognise its not always going to be easy**
 10. **Have fun & practice kindness, patience, forgiveness & LOVE**
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