
For the person who helps you

A sheet you can choose to share with another adult who helps care for your child.

Use this sheet only if you choose to share it. Discuss which agreement you want support with and what is practical for each adult. This sheet does not include the questionnaire answers or the household theme list.

One way, where meals in your home are shared at all, is to give phones a place to go while the meal lasts. Start with your own. It costs an answer that has to wait, if one arrives; that is hardest where the meal is the hour the people you love are free.

It does not promise that your teen will say more at the table. A quiet meal is still a meal.

Not for everyone: not for the evening when people eat as they come in, nor for the phone on call that night; where one meal a week is shared, this is for that one. If your own phone already stays off the table, ask the same of one other person at it, and say why.

WHAT WE HAVE AGREED TO TRY

WHEN AND WHERE

WHAT EACH ADULT WILL DO

WHEN WE WILL TALK ABOUT HOW IT WENT

An agreement can be changed if it does not fit your family. Keep the full plan and its limitations for your own reference.