



The First 15

A fifteen-minute family meeting you can run tonight.

You do not have to prepare anything or know what you are doing. Read the lines. Watch the clock. Set the next one before you stand up.

1 Light it

1 MINUTE

"We're going to start doing this. Fifteen minutes, once a week, so we all know what's going on. That's it."

Then tell them the shape of it: three rounds — good news, one hard thing, one decision.

2 Good news round

4 MINUTES

One good thing from the week. Everybody gets a turn.

You go last. Going first sets a bar the kids try to clear.

A pass is a pass. Circle back once at the end, then let it go.

3 One hard thing

4 MINUTES

One thing that was hard, annoying, or unfair this week.

No fixing. You are not solving it right now. You are hearing it.

Responses that work: "Thanks for telling us." "That sounds hard." A nod.

4 One decision

4 MINUTES

One. Not three. If nothing comes to mind, take one of these:

- What are we doing together this weekend?
- What is the screen rule for Saturday?
- Who has the dog, the dishes, the trash this week?

Say up front whether it is a vote or your call. Either one is fine. Unclear is not.

5 Close it

2 MINUTES

Write the decision in the box below. Write next week's date on the line under it, out loud, before anybody stands up. Stop on time, even mid-sentence.

The next four

Four weeks is enough to know whether this belongs in your house. Keep the sheet where you'll see it.

	DATE	WHAT WE DECIDED
01		
02		
03		
04		



When it goes sideways

Every one of these is normal. None of them means you ran it wrong.

1 The kid who won't talk

Do not coax and do not bargain. "You can pass." Move on. Come back to them once at the end, then leave it. A quiet kid is still attending, and attendance is the whole ask.

2 The teenager who thinks it's stupid

Agree with them. "It probably is a little. We're doing it anyway. Fifteen minutes." Do not sell it. Require attendance, not enthusiasm. Hand them the decision item some week and let them run that part.

3 The partner who finds it cheesy

Ask them to sit in, not to run it. Do not ask for buy-in before they have seen one. Afterward, ask: "Anything you'd cut?" Then actually cut it.

4 Somebody cries

Stop the clock. Do not fix it and do not rush past it. Sit there. When it passes: "Thanks for telling us." Then keep going or close early. Closing early is fine.

5 It turns into an argument

Name it and park it. "This is real and we are not doing it right now. You and me, after." Then close on time. Parking it is not dodging it — it is protecting the fifteen minutes so people come back.

6 You miss three weeks

Missing weeks is the normal case, not the failure case. Do not restart it and do not open with an apology for the gap. Light it and go.



The light is on. Come in.

START FREE FOR SEVEN DAYS →

skool.com/porchlightdads

- The full Family Meeting Kit, agenda cards, and every resource kit
- The Wednesday Dad Room — members only, 9pm ET
- The 100 Day Challenge, replays, and the workbook library

SAFETY COMES FIRST

A general community resource cannot determine whether a situation is safe. If another person is threatening, controlling, stalking, or hurting you or a child, do not use a shared or monitored device if that could increase risk. If danger may be immediate, contact the emergency service for your current location. When it is safe, consider a verified local domestic- or family-violence, child-protection, legal, or safeguarding service. Do not confront a potentially dangerous person based on this material.

IF SOMEONE MAY BE IN IMMEDIATE DANGER

Porch Light Dads is not an emergency or crisis service, and community or support messages may not be read right away. If you or someone else may be in immediate danger, may act on thoughts of suicide or self-harm, may harm someone else, or cannot stay safe, contact the emergency service for your current location now or go to the nearest appropriate emergency department. If it is safe to do so, contact a trusted person who can stay with you while you connect with local help. For non-immediate crisis support, use a government-run or nationally