



Home Organization Issues and Strategies to Think About

Meet as a team of parents and then a family to discuss Issues that frequently occur.

First question to ask.

Are there certain times of day or events that always cause stress?

If so, you may need to break these issues into even smaller pieces.

- Getting out of the house on time, in the morning or for appointments?
- Getting ready for bed?
- Getting off computer or online gaming?
- Home work time?
- Family events or time with siblings?

Pick one issue at a time and ask:

What seems to be contributing to this issue?

- Family members having difficulty getting started?
- Are family members avoiding doing what needs to be done? Why?
- Is a parent, child or teen unsure of what needs to be done and in what order?
- Are family members getting distracted from the task, why?
- Is there not enough time to get everything done?
- Is the load too heavily weighted on one person?
- Are belonging not easy to find? Have they been misplaced?
- Are the materials not available or handy?

Prioritize the issues and pick the most important one to start on.

- Decide on the contributing factors.
- Make a list and discuss strategies that might help.

Some questions to ask:

- Do you need more tools like a family planner, better alarm clocks, visual reminders to assist in your organization?
- Do schedules need to be changed? Does everyone need to get up 15 minutes earlier?
- Do you need a better organization system? One place for each item?

- Are there family habits that you can start promoting?
- Can the load be divided?
- How can other family members assist the ones who are struggling?
- Can some of the work be done ahead of time?
- Can you bring someone else in to help you set up an organizational system?

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