

Our Typical Day



Discuss what happens in everyday life and then consider if those events are a trigger to conflict

	What my day looks like	Triggers to conflict
Morning		
Afternoon		
Evening		
Night		



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“Our Typical Day” template helps families identify what and when triggers may cause conflict in their relationship

Once triggers are identified – work with the family to find helpful ways to remove these triggers to reduce conflict in their relationship

Example	What my day looks like	Triggers to conflict	Changes
Morning	Family of 4 getting up, washed, dressed, fed and getting to school / work on time.	Children not getting up, School Bags & Lunches not ready	Involving children in getting bags & lunches ready the night before
Afternoon	Picking the children up, getting home & doing homework, housework chores	Who’s collecting the children, arguing over chores, not understanding children’s homework	Everyone knows who’s getting the children, making enough time to help each child with homework, rewards for everyone doing their housework jobs
Evening	Cooking dinner, getting the rubbish out, organising food shopping, family time	Who’s cooking / who’s washing up / who’s putting the rubbish out / children being on digital devices or being in their room	Rota as to who’s doing the evening jobs, involving children in having a job to do, limiting time on devices, playing family games