

THE FAMILY BOARD MEETING



A SIMPLE RHYTHM TO BUILD TRUST AND CONNECTION AT HOME

Inspired by Jim Sheils. Shared through the Front Row Dads community.

Hey brother, here is the deal. You do not need a new parenting strategy. You need a rhythm that actually happens.

The Family Board Meeting is your chance to show up with full attention, drop the distractions, and build real connection one kid, one quarter, one simple day at a time.

Quality time is the best gift we can give our loved ones.

THE 3 RULES

1. ONE ON ONE

One kid. One parent. No siblings. No spouse. All your attention in one place.

2. TECH FREE

No phone. No email. No notifications. Be where your feet are.

3. LET THEM LEAD

They choose the activity. You go all in. Surf, skate, paint, hike, build, fish, you name it.

“This group has changed my life, changed my relationship with my wife, and changed my relationship with my kids.” | Ryan Levesque

HOW TO RUN IT?

BEFORE

- Put it on the calendar every 90 days. Non-negotiable.
- What gets scheduled gets done. Make it real and it will happen.
- Tell your kid the day is theirs. Let the anticipation build.

DURING

- Be all in. Physically, mentally, and emotionally.
- Ask open questions. Listen more than you talk.
- Take one photo, then pocket the phone.

AFTER

- Debrief over ice cream or a quiet sit.
- Ask, “What was your favorite part” and “What should we do next time”.
- Give one genuine compliment. “When you did [behavior], it made me feel [impact].”

“I’ve yet to attend an event and NOT come out with 10 times what I was hoping for. My wife, kids, and myself are ALL better off for having found FRD.” | Mike Wagner

WHY DOES IT WORK?

- Consistency builds trust
- Anticipation creates excitement
- Reflection deepens connection
- Simplicity makes it sustainable

There is no perfect family. Stop chasing perfection and keep showing up

DO IT NOW

My next Family Board Meeting

- Kid: _____
- Date: _____
- Activity ideas they might love:

My commitment

- I will protect this time like a board meeting that cannot be moved.
- Signature: _____

“This is the most authentic group of men I’ve even been around.” | Kasim Aslam

QUICK FAQ

What if I have multiple kids?

Rotate. One per quarter works. Adjust as needed. Keep it one on one.

What if it goes sideways?

Apologize fast. A sincere apology keeps a 10 minute issue a 10 minute issue.

What if they do not want to talk?

No problem. Presence builds safety. Safety builds trust.

KEEP IT SIMPLE. KEEP IT CONSISTENT.

You cannot outsource fatherhood. You do not need to be perfect. You need to be present.

The Family Board Meeting is not about big gestures. It is about consistent, intentional time your kids can count on.

We are here to create legendary families, not perfect ones.

“This is the exact type of people I want to be spending my time with, for accountability, for new ideas, for relationships.” | Justin Donald