

Weekly Family Standup Practice

15-minute Monday ritual for alignment

Agile teams run standup because surprises are expensive and visibility is cheap. Nobody wants to find out on Wednesday that a teammate has been quietly drowning since Monday. Families run on the same broken model: everyone assumes everyone else is fine until someone melts down at 6 PM. A 15-minute standup fixes the visibility problem before it becomes a crisis, and it teaches your kids project thinking without you ever saying the word “project.”

What you need: everyone in the house who can talk, five minutes each, and a rule against problem-solving in the room.

The steps

1. **Pick a time and stick to it.** (1 minute, once) Monday morning at breakfast or Sunday night after dinner. Consistency matters more than the exact slot.
2. **Everyone shares what's on their plate this week.** (5 minutes/person) Work deadlines, school projects, practices, the birthday party, whatever's real. Kids too, in their own words.
3. **Everyone names what support they need.** (included above) “I need a ride Thursday.” “I need quiet time to study Tuesday.” “I need someone to remember the permission slip.”
4. **Everyone names what's blocking them.** (included above) The thing they're stressed about but haven't said out loud yet.
5. **No problem-solving in the room.** (ongoing) This is visibility, not a fix-it meeting. Note the blockers and solve them later, one-on-one, off the clock.

This week's standup

Name / What's on my plate / What I need / What's blocking me

When it goes sideways

Someone turns it into a complaint session. Redirect gently: “Save that for after, let’s just get through everyone’s list first.” The structure is the point.

Little kids can’t sit still for it. Shrink it. Two minutes each, pictures instead of words, or fold it into breakfast so it’s not a separate “meeting.”

You skip it for two weeks and it feels awkward to restart. Just restart. Say “we’re bringing standup back” and go. The awkwardness fades in one round.

You won’t get blindsided by Wednesday’s meltdown anymore. You’ll have seen it coming on Monday.