

PARENT CHECK-IN

QUESTIONS TO ASK YOUR KIDS FOR CONSTRUCTIVE FEEDBACK

BEST USED WITH KIDS 8 AND OLDER.



The Parent Check-In is designed to give you a quick look at how you're doing in your growth and relationships with your children. Sometimes we just need some honest and constructive feedback to know if we're on the right track and to take a look into some possible blind spots. Getting honest feedback can be life-giving, depending on whether or not you bring a humble heart into the conversation. Humility allows for growth, openness, correction, guidance, and redirection.

Give Meaning to the 1 and the 10.

You can write down what your kids (your family) tell you and rate it again the following month or whenever you check in again to keep track of and discuss changes and celebrate growth.

Make It Fun.

You can have ice cream, root beer floats, or a favorite meal together while you do the check-ins. You can also do these in the car, on a walk, before bed, etc.

Remember, You Don't Need To Do All of Them.

This is simply a template to get you started on creating your own check-in to bring life to your home and eliminate life-sucking blind spots.

LISTENING SKILLS

- How well do you think I listen to you?
- What have you noticed tends to distract me from listening well to you (i.e., tv, work, my phone, housework)?
- What do you think could help me listen and understand you better?
- What do you wish I knew more about in your world?
- What do you think about the pace of our lives as a family? Is it too slow, too fast, just right?

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SPENDING TIME TOGETHER SKILLS

- How well do you think I'm doing at making time for you or to be with you?
- How well do you think I am doing with managing my own technology use?
- How well do you think I am at encouraging having fun and laughter in our home?
- How well am I doing at showing you that you are super important to me?
- How well am I doing at spending some time alone with "just you"?
- What do you wish we did more of together?

SPIRITUAL GUIDANCE SKILLS

- How well do you think I am at showing thankfulness (gratitude)?
- How well do you think I am at respecting others?
- How well do you think I show forgiveness and grace in my life?
- Do you think I love God's word or that it is important to me?
- What would you say I think of Jesus?
- Do you think I truly believe in the power of prayer?
- How could I do a better job at helping you in your relationship with Jesus?
- Where do you think I need to grow spiritually in my life?

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LOVE AND SUPPORT SKILLS

- How well do you think I'm doing at showing love and affection to your mom/dad?
- What is one way you think I could be a more loving husband/wife?
- How well am I doing at showing you love?
- What is one way I could be a more loving mom/dad?
- Do you feel you're important to me?

TEACHING AND GUIDANCE SKILLS

- How well am I doing with consistency in the rules, limits and correction that are important to our family and to your growth?
- How well do you think I'm doing with letting you fail and grow?
- How well am I doing with modeling healthy ways to manage stress?
- How well am I doing at listening to you when we disagree?
- What is something you wish I would teach you or teach you more of?
- Do you think that when I correct you, I'm being life-giving to you? Why or why not?
- How well do you think I practice what I teach?
- What is one way you think I could grow?
- What is something you think I could learn from you?

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SELF-REFLECTION

- Am I building connections in my family? Do I notice myself striving to be life-giving to those around me?
- Am I open and focused on the need for repair in our relationships?
- Am I open to constructive criticism?
- Am I paying attention?
- Am I intentional about managing and prioritizing my schedule?
- Do I make myself available?
- Am I aware of the fact that there will be challenges and I will need God's wisdom along the way?
- Am I making the growth of humility in my heart and soul a priority?
- Am I considering the power of my words – good and bad?
- Are my words life-giving?
- Do I bring grace to our home?
- What is preventing me from growing?
- Do I see parenting as an endless opportunity for growth?
- Am I maintaining a healthy balance?
- Am I doing things to have renewal emotionally, spiritually, mentally, physically, and/or relationally?