

# Parenting Check-In

## Questions to ask Your Kids for Constructive Feedback

*Best used with kids 8 and older.*

**Never**

**Sometimes**

**Always**

The Parenting Self-Assessment is designed to give you a quick look at how you're doing in your relationships with your children. Getting honest feedback can be life-giving, depending on how well you can receive some constructive feedback from your kids.

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



### Adaptability

- Do you think I tend to focus on problems more than solutions?
- Do you think I have a difficult time adjusting to the different personalities in our home?
- How often do I get easily stressed out when spending time with our family?
- Do you think your personality tends to throw off my ability to respond well to what you need?



### Intentionality

- Do you think I have a difficult time following through on what I say or do?
- How often do I have important conversations with you?
- Would you say I'm often too busy to spend time with you?
- Would you say life tends to get in the way of spending time together?



### Gratitude

- How often do I talk about what I'm thankful for with our family?
- How often am I thankful even when things don't go the way I hoped or expected?
- Would you say I'm a grateful person?



### Grace and Forgiveness

- Do you think I struggle with bitterness and anger?
- Do you think I punish you without first offering grace and forgiveness?
- How often do I criticize you versus encourage you?
- How often do I have a temper with my family?

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## Respect

- How often do I encourage you to express your opinions?
- Would you describe my words as encouraging and lifegiving?
- Would you say I frequently encourage you?
- Would you say I am patient?



## Boundaries

- Do you think you can push until I give in or you get your way?
- How often do you think I give you what you want for the sake of peace?
- How often do I change my mind on rules?
- Would you say I'm a "pushover" or "softie" with rules?



## Love

- How often do I do thoughtful things for you like notes, gifts, etc.?
- Would you describe me as warm and affectionate?
- Would you say I show empathy and understanding toward you?
- Would you say I'm very accessible?



**PARENTING**

