

PARENTING CHECK-IN

QUESTIONS TO ASK YOUR KIDS FOR CONSTRUCTIVE FEEDBACK

BEST USED WITH KIDS 8 AND OLDER



The Parenting Check-In 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.

Give Meaning to the 1 and the 10.

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.

Make It Fun.

You can have ice cream, root beer floats, or a favorite meal together while you do the check-in.

INTENTIONALITY & ADAPTABILITY

- How well do you think I genuinely listen to you?
- How well do you think I know you?
- How am I doing at spending some time alone with "just you"?
- How well do you think I pursue a relationship with Jesus?
- How well am I doing at creating quality time with you?
- How well am I doing at following through?
- What do you wish we did more of together?

GRATITUDE, LOVE, GRACE & FORGIVENESS

- Do you think I show self-control in my interactions with our family?
- How am I doing about being available for you?
- How could I do a better job at helping you in your relationship with Jesus?
- How often do I show thankfulness in my life?
- How often do I say "sorry" when needed?
- How often do I communicate what I love instead of what I don't like?
- How well do you think I show forgiveness and grace in my life?
- Where do you think I need to grow spiritually in my life?

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RESPECT & BOUNDARIES

- How am I doing with consistency in our family rules?
- How am I doing with managing my technology use?
- How am I doing at bringing life to our home?
- How often do I allow you to share your opinion?
- How well do you think I manage stress?
- How well do you think I practice what I teach?
- How well do you think I respect and listen to you?
- How well do I encourage you with my words?
- What is one way you think I could grow?

CONVERSATION STARTERS

- Am I open to constructive criticism?
- Am I doing well with managing and prioritizing my schedule?
- Am I considering the power of my words - good and bad?
- What is preventing me from growing?
- What is one way I could be a more loving mom/dad?
- Do you feel you're important to me? Why or why not?
- 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 life as a family? Is it too slow or too fast?
- What is going well for you right now? What's not going so well right now?
- What do you think is needed to make our home and family stronger?