RESOURCE 03 / FAMILY EDITION

Family Check-In & Small Wins

Understand each other. Choose one small step. Grow together.

A weekly conversation for children and parents or caregivers. Make space for each voice, then try one shared action for seven days.

01 Check in

Use the child and adult pages to notice how the week felt. Save or print a separate copy for each person who wants to join.

02 Listen

Take turns sharing one good thing and one thing that needs support. Ask: Would you like me to listen, help, or think with you?

03 Choose

Agree on one action everyone involved is willing to try. Give children and adults clear, manageable roles.

04 Notice

Use the seven-day tracker, then talk about what helped. Keep, simplify, or change the action together.

MAKE ROOM FOR HONEST ANSWERS

Sharing is optional. Listen without correcting someone's answer. There is no total score and no comparison between family members. Adults can read aloud and record a child's own words.

Allow a calm 10-15 minutes, or use more than one sitting. Type into the fields or print to write or draw. Save a separate copy for each week.

01 / CHECK IN · FOR CHILDREN

My week, in my words.

Choose your own answers. You can skip a question or come back to it.

My name

Week of

THINK ABOUT THE PAST SEVEN DAYS

1 = I need support 2 = Up and down 3 = Going well

Rest

Did I get the rest I needed?

1 2 3

Energy & movement

Did I have energy to play and move in my own way?

1 2 3

Feelings

Could I notice my feelings and ask for help?

1 2 3

Learning & focus

Could I get started and ask for help with learning?

1 2 3

Connection

Did I feel listened to and included?

1 2 3

Play & choice

Did I have time for things I enjoy?

1 2 3

Something that felt good this week

Something I would like help with

01 / CHECK IN · FOR PARENTS & CAREGIVERS

My week as a caregiver.

Choose your own answers. You can skip a question or come back to it.

My name

Week of

THINK ABOUT THE PAST SEVEN DAYS

1 = I need support 2 = Up and down 3 = Going well

Rest & recovery

Did I make space for my own rest?

1 2 3

Energy & capacity

Did I have enough energy for what the day asked?

1 2 3

Feelings & response

Could I pause and choose how to respond?

1 2 3

Attention

Could I give my child some undivided attention?

1 2 3

Connection & support

Did I feel connected and able to ask for support?

1 2 3

Joy & flexibility

Did I make room for enjoyment and adjust plans?

1 2 3

Something that felt good this week

Something I would like help with

02 / PLAN TOGETHER

Our small step this week.

Choose an action together. Adults take responsibility for their own part.

EXAMPLE / A CALMER START TO THE DAY

Together: After dinner, spend three minutes preparing for tomorrow.
Child: Choose clothes or put one needed item by the door.
Adult: Prepare my own things and offer help if wanted.
Smaller version: Each person prepares just one item.

What would make our week easier or more connected?

Our one small action + when and where we will do it

Child contribution(s) - include names if helpful

Adult contribution(s) - include names if helpful

Our smaller version for a busy or difficult day

Start date

Review date

Children do not have to manage an adult's feelings or complete an adult's role.

03 / PRACTISE TOGETHER

Notice the small wins.

D = done S = smaller version N = not today. Choose one each day.

Keep it brief. Note a moment, a kind action, or something you learned. Use this as a record to learn from, rather than a reward chart.

DAY 1 Begin with the easiest version. ○ D ○ S ○ N

Our note

DAY 2 Notice one helpful thing. ○ D ○ S ○ N

Our note

DAY 3 Ask: What would make this easier? ○ D ○ S ○ N

Our note

DAY 4 Adapt to the day you have. ○ D ○ S ○ N

Our note

DAY 5 Thank someone for a specific action. ○ D ○ S ○ N

Our note

DAY 6 Make room for a little enjoyment. ○ D ○ S ○ N

Our note

DAY 7 Talk about what to keep or change. ○ D ○ S ○ N

Our note

Missed a day? Return at the next opportunity. If the action is not working for someone, talk and adjust it together.

04 / REFLECT TOGETHER

What helped our family?

Everyone can answer in their own words. Different views can sit side by side.

A moment we enjoyed or appreciated

Child voice(s): What helped me? What would I change?

Adult voice(s): What helped me? What will I take responsibility for?

Together, we choose to keep, simplify, or change...

Our next small step + when we will try it

KEEP THE CONVERSATION OPEN

Thank each other for sharing. You do not need to solve everything today. Reuse the check-in pages and tracker whenever they help your family.

A conversation and planning tool, not an assessment of a child or parent.
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