

FAMILY EDITION / KIDS + PARENTS

Family Check-In & Small Wins

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

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

01

CHECK IN

Use the child and adult pages to notice how the week felt. Copy the relevant page 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 small action everyone involved is willing to try. Give adults and children 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

Listen without correcting someone's answer. There is no total score and no comparison between family members. Sharing is optional.

Adults can read aloud and write a child's own words. Older children can complete their page privately and choose what to share.

Start with a calm 10-15 minutes. You can complete the pages over more than one sitting. Type into the fields or use the print edition to write or draw.

CHECK IN / FOR KIDS

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. Choose one answer for each area.

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?

☐ 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

CHECK IN / FOR PARENTS & CAREGIVERS

My week as a parent.

Check in with yourself before choosing what to work on together.

My name

Week of

Think about the past seven days. Choose one answer for each area.

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

PLAN / ONE SHARED SMALL WIN

Our small step this week.

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

EXAMPLE: A CALMER START TO THE DAY

Together: Spend three minutes getting ready for tomorrow after dinner.

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 a little 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.

PRACTICE / SEVEN DAYS TOGETHER

Notice the small wins.

Mark our shared action: D = done, S = smaller version, N = not today.

Keep the check-in brief. Note a moment, a kind action, or something you learned. This is a record to learn from, not a reward chart.

DAY 1 Begin with the easiest version.

☐ D ☐ S ☐ N

DAY 2 Notice one helpful thing.

☐ D ☐ S ☐ N

DAY 3 Ask: What would make this easier?

☐ D ☐ S ☐ N

DAY 4 Adapt to the day you have.

☐ D ☐ S ☐ N

DAY 5 Thank someone for a specific action.

☐ D ☐ S ☐ N

DAY 6 Make room for a little enjoyment.

☐ D ☐ S ☐ N

DAY 7 Talk about what to keep or change.

☐ D ☐ S ☐ N

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

REFLECT / ABOUT FIVE MINUTES

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 when they help your family.

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