

Relationship Check-Up for Parents with Tweens

The **Relationship Checkup** is a series of questions designed to initiate and encourage dialogue between dads and their children about each other's lives and their relationship.

Instructions

2 ways to approach the activity.

First, take a few minutes apart to respond to the questions, then come together and talk through each response

Second, simply talk through your responses together.

The activity works best if Parent & Child alternate responses to each question, in order: Parent answers #1, then Child responds to #1.

The Prompts

- One positive quality that you bring to the relationship is...
- One Way I can strengthen our relationship is...
- One way that you can strengthen our relationship is...
- Something we do together that I really enjoy is...
- Something I wish we could do together is...
- In the next few months I would like us to...

Learn more at www.fatheringtogether.org



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