

## The Relationship Check Up\* - A Proactive Relationship Building Activity For Parents of Children (ages 5 - 8)

*\*This interactive activity for Parents & Preteen/Teens is adapted by The Fatherhood Project from The Modern Dad's Dilemma (New World Library, 2010) by John Badalament. The ages (5 - 8) are meant to be a guideline.*

### ABOUT

Practically, the Relationship Checkup is a series of questions designed and sequenced to initiate and encourage ongoing dialogue between dads and their children. It's a structured way to have a heart-to-heart talk about two central themes: your everyday lives and your relationship with each other.

Read through the STEPS below; *feel free to change or modify how you do The Relationship Check Up in any way that works best for you and your child.* You may, for example, want to choose just a few questions to discuss in the car or over breakfast. The key is that both of you have a chance to talk and listen to each other.

### INSTRUCTIONS

**Step 1** Together, read aloud all ten questions to make sure you both understand what's being asked. Dad must assure his child that there will be no negative consequences for being honest.

**Step 2** You can either take a few minutes apart to think about your response to each question, come back together, and talk through each response OR simply talk through your responses together. Either way, the activity works best if Dad and Child alternate responses to each question, in order: Dad answers #1 then Child responds to #1, and so on... Spend as much time discussing your responses as needed, rather than rushing to finish the activity.

### QUESTIONS ABOUT ME

1. A really important friend to me is \_\_\_\_\_ because...
2. I think my friends like me because I'm...
3. Two things I like about school (child) or work (parent) are...
4. If I could change one thing about school (child) or work (parent) I would...

### QUESTIONS ABOUT US

5. Two things I like about myself are...
6. Two things I like about you are...
7. Something I'm very good at is...
8. Something I think you're very good at is
9. Something that we do together that I really enjoy is...
10. Something I wish we could do together is...