Parent-Teen Weekly Check-In

Purpose

A weekly check-in creates a dedicated time for parents and teens to stay connected, discuss what's going well, address concerns before they become bigger problems, and strengthen trust.

Guidelines

- Pick a time when neither person is rushed.
- Put phones away.
- Keep the conversation respectful.
- If emotions become overwhelming, take a break and agree on a time to continue.
- The goal is understanding, not winning.

Step 1: Start With Appreciation

Take turns sharing **three things** you appreciated about each other this week.

Examples

Parent:

- "I appreciated that you helped unload the groceries without being asked."
- "I noticed how kind you were to your younger brother."

Teen:

- "Thanks for driving me to practice."
- "I appreciated that you listened when I was stressed."

Complete These Sentences

1. I appreciated _____
2. I appreciated _____
3. I appreciated _____

Step 2: What Went Well This Week?

Talk about things that are working well at home, school, work, friendships, or within your relationship.

Examples

- "We handled a busy week pretty well."
- "I think we've been arguing less."
- "You did a great job staying on top of your assignments."
- "I liked spending time together this weekend."

Prompts

- Something I'm proud of this week is:
- Something you're doing well is:
- Something we're doing well as a family is:
- A positive moment from this week was:

Step 3: Share Concerns and Listen

Choose one issue, concern, or challenge to discuss.

Speaker

"I feel _____ about _____.

What I need is _____."

Listener

"What I hear you saying is _____.

Did I understand correctly?"

Speaker

"Yes, that's right."

OR

"Not exactly. Let me explain."

Listener

"It makes sense that you feel _____ because _____."

Remember:

- Listen to understand.
- Avoid interrupting.
- Avoid lectures, fixing, or arguing.
- Validate feelings even when you disagree with the perspective.

Then switch roles.

Step 4: What Support Do You Need This Week?

Take turns answering:

Teen

"One thing that would help me this week is..."

Parent

"One thing that would help me this week is..."

Examples

- More help with chores.
- A ride somewhere.
- More privacy.
- More communication about plans.
- A family dinner together.
- Help managing stress.
- More patience from one another.

Write down one small action each person agrees to try this week.

Teen's Request:

Parent's Request:

_____

_____

Step 5: Looking Ahead

Review the upcoming week together.

Discuss:

- School events
- Sports or activities
- Work schedules
- Appointments
- Family plans
- Anything stressful coming up
- Anything exciting coming up

End With:

One thing I'm looking forward to this week is:

Teen:

_____

Parent:

_____

_____

The Parent-Teen ATTUNE Reminder

A – Ask and stay curious
T – Take time to listen
T – Try to understand before responding
U – Understand that feelings are real, even when perspectives differ
N – Notice strengths and effort
E – Encourage and support one another

Final Question

Before ending, ask:

"Is there anything else you want me to know this week?"