

# RELATIONSHIP CHECK UP CARD FOR PARENTS OF CHILDREN (AGES 5-8)

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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

- 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 Parent & Child alternate responses to each question, in order: Parent answers #1, then Child responds to #1.



# QUESTIONS FOR DADS AND CHILDREN

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- SOMETHING I LIKE ABOUT MYSELF IS...
- SOMETHING I LIKE ABOUT YOU IS...
- SOMETHING THAT WE DO TOGETHER THAT I REALLY ENJOY IS...
- SOMETHING I WISH WE COULD DO TOGETHER IS...
- A REALLY IMPORTANT FRIEND TO ME IS \_\_\_\_\_ BECAUSE...
- TWO THINGS I LIKE ABOUT SCHOOL (CHILD) OR WORK (PARENT) ARE...

