

Parent-Teen Communication Check-In

A short worksheet to notice what is working, name what feels hard, and choose one small change.

Complete this separately, or invite your teen to complete their own copy. The goal is not to prove who is right. It is to understand each other more clearly and identify one realistic next step.

Part 1: Quick Rating

Circle or mark one number for each statement. 1 = rarely true, 5 = usually true.

Statement	1	2	3	4	5
We can talk without the conversation quickly becoming a fight.	☐	☐	☐	☐	☐
I feel heard, even when the other person disagrees with me.	☐	☐	☐	☐	☐
We can take a break and return to a difficult conversation.	☐	☐	☐	☐	☐
Rules and expectations are explained clearly.	☐	☐	☐	☐	☐
Apologies and repair happen after someone loses their temper.	☐	☐	☐	☐	☐
There are moments of connection that are not about problems or performance.	☐	☐	☐	☐	☐

Part 2: What I Notice

A time we communicated well recently was:

One topic that is hardest for us to discuss is:

When conflict starts, I usually:

What I wish the other person understood is:

One thing I appreciate about our relationship is:

Part 3: Choose One Small Change

- ☐ Ask whether the other person wants listening, advice, or help solving the problem.
- ☐ Take a 20-minute break when voices rise, then return at an agreed time.
- ☐ Have one conversation this week that is not about school, chores, rules, or problems.
- ☐ Use one calm sentence before giving a consequence or setting a boundary.
- ☐ Offer one genuine repair or apology without adding “but.”
- ☐ Write your own: _____

This week's agreement

The one change we will try is: _____

We will check in again on: _____

Parent Reflection

What can I control in the next conversation?
