

STRONG HOUSEHOLDS

The household check-in

Make space to listen, name what matters, and choose one way to support each other.

Set aside a little time with the people in your household. Give everyone a chance to speak, and choose a pace that works for you. The goal is a useful conversation you can return to.

Start by listening.

Invite each person to share something that has been on their mind. Let them finish before offering an answer or a solution.

ASK TOGETHER

What went well for you this week?

What has felt difficult?

Is there something you want us to understand?

Name one need.

Talk about the week ahead. Focus on one practical thing that would make everyday life easier, such as time together, a shared task, or help planning a routine.

ASK TOGETHER

Where could you use some support?

What can we realistically help each other with?

What is already working that we want to keep?

Choose a next step.

Agree on one small action. Decide who will do what and when you will talk again. Keep your notes with your household so you can revisit what you agreed.

ASK TOGETHER

What will we do before the next check-in?

Who is taking the next step?

When will we ask how it went?

PUT IT INTO ACTION

One thing we will do for each other this week, who will take the next step, and when we will check in again.
