

## RECIPE CARD

### Older Children

#### Parent Report Card Parent/Child Dialogue

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##### **Best Use**

As a tool to surface unique areas of need in your child and/or areas to become more intentional as a parent.

##### **Nutritional Value**

Meaningful dialogue on how your child perceives your parenting.

##### **Advance Preparation**

- Complete the attached report card on yourself trying to assess what each child would say. Keep in mind, the goal is to surface your child's perceptions whether they are accurate or not. Two children can have entirely different opinions of the same parental patterns. Understanding a child's perceptions of our actions helps us do a better job of meeting their unique needs.
- Decide upon a context within which to ask your child(ren) to grade you. You might consider the day after your child brings home a school report card or progress report. Shore up your courage in order to humbly accept input that may surprise you or even sting.

##### **Set It Up**

- **Say:** "Tonight I want you to fill out a report card that will help me understand areas I might need to 'study' a little harder. There are several things the Lord expects me to do as your father/mother and I want your input on how well I am doing."  
Do NOT comment on any of the input. Thank the child and discuss the input with your spouse and/or a trusted friend who can help you create a "study plan" to strengthen the relationship with your child.

# PARENT REPORT CARD

Description	Grade
• Shows me he/she loves me	_____
• Shows concern for my feelings	_____
• Spends enough time with me	_____
• Listens to what I say	_____
• Give me appropriate trust	_____
• Enjoys being with me	_____
• Is truthful with me	_____
• Makes the family a priority in his/her life	_____
• Is fair in his/her decisions	_____
• Gives me the right number of chores	_____
• Disciplines me when I deserve it	_____
• Admits when he/she is wrong	_____
• Controls his/her anger and words	_____
<b>Overall Grade</b>	_____

On a scale of 1-10 (10 being best) what kind of relationship do you want to have with your parent?

Considering all things, on the same scale, where are you today in your relationship with your parent?

What are 1-3 things your parent could do for you to make your relationship better than ever?