

✓ 3 Ways to Check In With Your Child

Parent Like Their Life Depends on It: Daily Check-In Checklist
Because love is action. And connection saves lives.

1. Ask the Real Question:



- “Have you ever felt like you can’t handle life?”
- “Do you ever wish things would just stop?”
- “Is there anything you’ve been scared to tell me?”

2. Be Close and Still:



- Sit next to them without your phone
- Share a quiet moment—watch a show, eat a snack, ride in silence
- Don’t force words—your presence speaks

3. Notice the Little Things:



- Sudden calm after chaos
- Saying goodbye indirectly
- Giving away prized belongings
- “I’m fine” with no emotion

Make sure you do this, every day



- ☐ Asked a bold question today
- ☐ Spent 10+ uninterrupted minutes close to my child
- ☐ Noticed changes in their mood, energy, or habits