Families Arising
Resource Centre Edmonton

FREE MARRIAGE AND RELATIONSHIPS GUIDE

Couple Check-In Conversations

A simple weekly ritual and 40 questions to help couples stay connected, solve problems together and grow stronger through every season.

Busy schedules, children, work and the stress of settling in a new country can leave couples feeling more like roommates than partners. A weekly check-in is a small habit that keeps you connected. It takes about 30 minutes and works best when it becomes part of your routine.

How to run a weekly check-in

1. **Pick a regular time.** Choose a calm moment each week, such as Sunday evening after the children are in bed. Put phones away.
2. **Start with appreciation.** Each share two things you appreciated about the other this week. It sets a warm tone.
3. **Talk about the week ahead.** Calendars, children's activities, bills and who is doing what.
4. **Share how you are really doing.** Each person talks about their feelings and needs while the other listens without interrupting.
5. **Solve one thing together.** Choose one issue to work on. Save bigger topics for a separate time.
6. **End with connection.** Plan one thing to enjoy together this week, even if it is a short walk or a cup of tea.

Ground rules for healthy conversations

Start gently

Use "I feel... when... I need..." instead of "You always" or "You never".

Listen to understand

Repeat back what you heard before you respond: "So what you are saying is..."

Take a break if needed

If things get heated, agree to pause for 20 minutes and come back calmer.

Repair quickly

A simple "I am sorry, can we try again?" goes a long way.

40 check-in questions

Topic	Questions
Appreciation	What is one thing I did this week that made you feel loved? · What do you admire about how I handled something recently? · What is a favourite memory of us this month? · What made you smile this week?
Feelings	How are you really doing? · What has been weighing on you? · When did you feel most stressed this week? · What do you need more of from me? · What do you need less of? · Is there anything you have been holding back from saying?
Our home	How fair does our division of chores feel? · What is one task I can take off your plate? · How are we doing with money this month? · What is coming up that we need to prepare for? · Is anything about our schedule not working?
Parenting	How is each child doing? · Is there anything about our parenting we disagree on? · How can we support each other with the children this week? · What is one family moment we want to create?
Culture and family	How are we each feeling about life in Canada? · Which traditions from home do we want to keep? · How are we managing expectations from extended family? · Who do we want to connect with this month? · How can we support each other when we miss home?
Us	When did you feel closest to me recently? · What would make you feel more connected? · How can we spend more time together? · What is one thing we used to do that we miss? · What is a new thing we could try together? · What have you learned about yourself lately?
Dreams	What are you excited about this year? · What is a goal you want my support with? · Where do you see us in five years? · What is one dream we have not talked about in a while? · What would make next month great? · What are we proud of as a couple? · What are we learning about each other? · How can we grow together? · What does a good life look like for our family? · What are you grateful for about us?

Monthly and yearly check-ins: once a month, add a bigger question about money, goals or family plans. Once a year, look back on the year together and set intentions for the next.

Our check-in plan

Area	Our plan
Our check-in day and time	
Where we will meet (phones away)	
Our weekly time together	
What we will do when we disagree	

Your safety comes first. These guides are for couples in safe relationships. If you feel afraid of your partner, or are being hurt, controlled or threatened, please reach out. In Alberta, call the **Family Violence Info Line at 310-1818** (24/7, many languages). In an emergency, call **911**.

Families Arising is here to help

Families Arising Resource Centre Edmonton is a registered non-profit that supports Black, immigrant, newcomer and multicultural families with programs for mothers, fathers, children and teens.

- **Mom Youniversity:** mentoring, peer support and coaching for mothers and women
- **Intentional Parenting Course:** summer cohorts for parents
- **Junior Youniversity:** Royal Tots, Royal Readers and Teen Pulse for kids and teens
- **Free webinars, guides and events** for families

Visit familiesarising.ca · Email info@familiesarising.ca · Call 780-900-1450 · Instagram @familiesarising.edmonton

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