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**What would our  
family 'successfully'  
emerging out of  
lockdown look like?**



**What was the  
hardest part of  
being in lockdown  
for you today?**



**Which of our kids  
are you most worried  
about at the  
moment?**



**Which of our kids  
have you noticed  
coping more than you  
expected they would?**



**What three things are  
you dead set busting  
to do once we can?**



**What changes might  
it make sense to  
make to our family  
budget for the next 6  
months?**



**What's getting in  
the way of us  
switching off from  
our work days?**





How might we  
etch out more  
couple-time  
here at home?



**Who are you really  
enjoying staying in  
contact with while  
we are locked-down?**



**What do you not  
want to pick back  
up once lockdown  
is over?**



**What non-useful  
habits do you notice  
you are drifting into  
this lockdown?**



**Which of your  
strengths is proving  
most handy in  
getting through  
lockdown?**



**What superpower  
do you wish you  
had at the moment?**



**Has being in  
lockdown changed  
your long-term  
goals?**



**If COVID vanished  
overnight where  
would you like to  
travel to tomorrow  
morning?**





**Whose lockdown  
life do you  
most envy?**



If you could time-travel which period would you love to go and spend a week in?



What about our  
home might we  
change over time  
incase we need to do  
more lockdowns?



**Is the job you do now  
one that you want to  
do long-term?**



**What that your  
parents instilled in  
you has been most  
useful for navigating  
through lockdown?**



If you could wake up tomorrow with two new skills what would you choose?



If you could re-do  
the day before  
lockdown started  
what would you  
do differently?



**What do you think  
our kids will  
remember most from  
this lockdown?**





**What are you most  
fond and least fond  
memories so far of  
this lockdown?**



**What parenting  
moments are you  
most and least  
proud of this  
lockdown?**



**Which country's  
leader do you wish  
we had at the  
moment?**



If it were ok to attend  
a mass sports or  
music event  
tomorrow what  
would your dream  
outing be?



**What do you wish  
you had the nerve to  
negotiate with your  
boss for while  
lockdown is on?**



How can I help make  
it easier for you to  
get out and exercise  
in a timeslot that  
works for you each  
day?



**What's one thing you  
know you have  
modelled well  
to the kids this  
lockdown?**



What little things  
that I do are  
you most  
appreciative of?





**What grocery items  
you most hate  
running out of in  
lockdown?**



**How has lockdown  
helped or hindered  
our sexual  
relationship?**



How might we  
occupy the kids to  
free ourselves up for  
some at home  
mini-dates?



What savings goals  
can we change in  
order to free up cash  
to spend on things  
that will make life  
easier now?



**What do you know of  
your family's  
experiences through  
The Great  
Depression?**



**Which of the kid's  
behaviours is boiling  
your blood the  
hardest lately?**



**What is one thing  
you would like to  
change about the  
way you have been  
parenting?**



What is something  
fun you'd like us to  
prioritise spending  
money on while we  
are in lockdown?





Which child are you  
finding  
hardest/easiest to  
find a groove with  
lately?



What did your  
parents do when  
they were stressed  
that you notice  
you also do?



**What other tough  
life periods have  
you been through?  
What helped back  
then?**



**What unrealistic expectations have you had of yourself parenting through this pandemic?**



What that your  
parents did would  
you like to do more  
of?



What is something  
that you have been  
dearly trying to get  
around to (and how  
can I help)?



**What is something  
that you would really  
like to know the  
answer to?**



**What is something  
that has  
really surprised  
you lately?**





What key words do you think sum up how we roll as a family (how might our good friends describe us)?



**Who is a parent  
whose 'way' with  
their kids you  
admire?**



**What is one fear  
you have as a parent  
looking forward  
into the future for  
our kids?**



**As a parent in  
lockdown what do  
you see yourself  
responsible for and  
not responsible for?**



What one small change to the way we run the house might make a big difference to how things flow while we are all here together?