

B	I	N	G	O
Let go of your own discomfort or fear so your children might embrace courage.	Cultivate critical thinking now so they can think for themselves later.	Make room in your relationship so your kids can tell you "No, that doesn't work for me."	Have we squashed our kids' thirst for adventure, and therefore independence, by always being the one to take them where they want to go?	Can you back away gracefully so your children don't feel like they have to push you away?
Can you make room in your life for your children's plans?	Is your home environment set up to foster self-discipline?	Can you allow your children opportunities to manage their own time regardless of their age?	Can you find the grace to love and support them whether or not what matters to you matters to them?	Whether or not you were a boy or girl scout, you can ask yourself how well prepared your kids are to do things on their own.
Being there for every moment may cause your children to stumble on their journey. Respect the milestone without becoming a millstone.	Remember to consider your child's maturity and competence and not just your own comfort in your nest.	Joy of Letting Go	Does the journey toward independence feel like a tug-of-war?	Can you ask yourself if the future you are trusting for is your own or theirs?
Can you recognize yourself in your child's choices?	Find ways to shake it up a bit and let go of the climate control so your kids can stand tall on their own.	What words of encouragement can you give your children today so you are better able to let them go tomorrow?	When your child faces a problem, can you encourage them to come up with their own solutions?	Can you release your grip so growing up becomes more about them and less about you?
How can you give your kids opportunities to fly on their own before they leave the nest?	Encourage your kids to examine what they could do differently to avoid their particular mistakes.	Remember to be truly present with your child	Teach children to overcome the obstacles they face or how to choose an alternative route.	Think about all those things you said no to today - can you change any to a yes tomorrow?

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