

14 Reminders for Parents

No risk, no change

Take “baby steps”

Let go or be dragged

Step back so they can “step up”

Take growth pain over wasted pain

Move forward no matter what

Don't rob them of their “bottom”

Let go to a Higher Power

Hope for your child comes
from the changes you make

This is a marathon, not a sprint

Past age 18, there are no more
victims, just volunteers

You cannot save them from themselves

Prepare your child to **not** need you anymore

What you allow, is what will continue