



QUESTIONS FOR SELF REFLECTION

Pull out to see the big picture

In what ways is your child already prepared/less prepared for this transition?

In what ways are you prepared/less prepared?

What shifts would you like to start making NOW to prepare both of you further?
(examples: giving less advice, answer texts more slowly and vaguely, less rules, more laundry and cooking skills, impart what family values, increase what skills?)

Values: What family values have we already shared?

Values: What are some family or personal values I have yet to share?