1. GET COMFORTABLE WITH THE UNCOMFORTABLE
Your child will get uncomfortable. You will get uncomfortable. Fighting the uncomfortable creates more stress. Facing it allows you to guide, support, and help your child (and yourself).

2. DON’T PANIC! THINK PEOPLE, PLACES, PATIENCE
Who are your five people? Where are your three places? How long will it take for expectations to meet reality? You and your child need people, places, and patience.

3. THEIR STRUGGLES BELONG TO THEM, THEIR VICTORIES BELONG TO YOU.
Give your child space and time to struggle. Let them feel it. Better to have them struggle down the hall than across the country.

4. APPLY THE 24 HOUR RULE
When they text, call, or ask for help, give them 24 hours. Either the problem will still be there 24 hours later or they will have solved the problem or they will have a new problem.

5. ASK: WHAT DO YOU THINK YOU SHOULD DO?
After you ask the question, give them 24 hours to answer. Let them struggle. Direct them to people and places. Be patient and allow them to get comfortable with the uncomfortable.