

Parent Reflection Prompts

Your role is changing, but your presence still matters deeply. This guide offers space to reflect on the transition from parenting a child to supporting a young adult.

1. What feels hardest for me about this transition right now?
What am I most worried about and what might that worry be trying to protect?
2. What values do I most hope my teen carries into adulthood?
How am I modeling those values in how I show up today?
3. How is my role as a parent changing in this phase?
What does "supporting" look like now, compared to earlier years?
4. How do I hope my teen remembers this season of our relationship?
Name one small way I can show up in alignment with that this month.
5. What are my unspoken expectations for my relationship with my teen in this next phase? (How many times will they call me? Will they come home for the summer? etc.)