

## Checklist #4 – Parenting Checklist

### Overview

Below are questions or things you can do to prepare for your child launching. Yes! You are just as important in this process! The sections are broken down by the different roles you occupy.

NOTE: There is blank space so you can add your own.

<b>Role: As an Individual</b>	
	Find ways to practice self-care
	Identify hobbies or learn new ones
	Understand the impact this new phase in life has on your identity
	Reconnect with friends
	Redefine "relaxation time"
	Ask yourself a few questions: <ul style="list-style-type: none"> <li>• Is there enough grief and loss in this process that I should find a therapist"</li> <li>• What did I or can I learn from this experience?</li> <li>• Do I have enough "me time"?</li> <li>• Where is there meaning in my life?</li> <li>• How does this change impact my job, career or my own personal development?</li> </ul>
	Do Nothing. Have a "slug day."
<b>Role: A Partner or Lover, If You So Choose</b>	
	Have date nights
	Reconnect with couples and friends
	Redefine Intimacy
	Plan – Go on adventure with just the two of your
	Dream – What do you want out of your relationship?
<b>Role: As a Parent</b>	
	Think about the house rules when child(ren) come home to visit (e.g. use of car; guests – how many, how often and how late; what happens when they're out late; what if they drink to excess; etc.)
	What happens if child fails out of school or job, do you allow them back in the home and for how long? Consider the emotional, physical, and financial aspect of the decision.
	How often do you both feel comfortable calling/checking in. Recognize your children lead now, they decide when and when not to call.  Remember: Count to 5 before calling or emailing your child and ask yourself, "What is the purpose? Is it necessary?" or "What do I need right now? Can my child give that to me or can I find another way?"

	Decide whether to keep their rooms intact or make them guest bedrooms.
	Write a letter to yourself or journal about what you loved about parenting, what you will and will not miss; what will and will not change.
	Understand: You may <i>not</i> miss your proactive parenting role. There is nothing wrong with that.
	You may lose a sense of community from school participation. What role, if any, did that fill for you and what other communities do you have?
<b>Your Own</b>	