

TO DO in order to RAISE ADULTS

- **DO what you need to do in order to be a grown-up yourself**
- **GET TIME WITH OTHER GROWN-UPS**
- **Find – or found – a Homeschool Parent Support Group and meet at least monthly!**
- **Get the kids into activities where there are other grown-ups for you to talk to!**
- **Don't compromise on your mental health by sticking with a group where you aren't comfortable (even if the kids love it)**
- **Keep watch on the balance between being your kids' friend and their parent**
- **No oversharing!**
- **Expect that they will see you as a PERSON and not PERFECT**
- **Let the kids have agency, don't do everything for them**
- **Keep Vygotsky's Zone of Proximal Development in mind**
- **Be a safety net, not a trap**
- **Teach them to do stuff that's a little beyond what they're comfortable doing... and maybe a little beyond what your are comfortable having them do.... but only a LITTLE!**