



FOUR WEEKS TO A **LET GROW** KID

Welcome! We're glad you're here, and you will be too...very soon. Promise! You'll feel lighter and brighter, even as your kids feel more and more ready to take on the world!

The simple fact is: When adults step back, KIDS STEP UP. It's time to let go and LET GROW!

Why? Because "I DID IT MYSELF" is the ORIGINAL anxiety buster.

Remember that great feeling as a kid? And remember a time you were most proud of *your* kid? It's usually when they did something on their own.

Just by giving your kids some more "Let Grow" opportunities, you can experience that joy again and again. You'll see them hit amazing new milestones as they level up EACH WEEK:

WEEK 1 – BECOMING SELF-RELIANT

WEEK 2 – GETTING AROUND

WEEK 3 – INTERACTING WITH THE WORLD

WEEK 4 – BUILDING CONNECTIONS

Will your kids always succeed? Of course they won't! They're learning!

Will you be worried? Of course you will! You're human! The thing to realize is:

All the worry in the world doesn't prevent death. It prevents life.

Making kids more excited and less anxious (parents, too!) requires a leap of faith -- starting now. This is your road map. In four weeks your kids will be SO PROUD.

But not as proud as *you*.

I PLEDGE TO COMPLETE THE FOUR-WEEK LET GROW PLAN

DATE _____

Share on social media, @LetGrowOrg. Challenge your friends to do it too!

WEEK 1

BECOMING SELF-RELIANT

It's called "self-confidence," not "parent-assisted confidence."

This week your kids are going to experience the thrills (and, no doubt, spills) of going beyond their comfort zones.

But first, a simple request: Think back on YOUR OWN childhood. What were you allowed – or even expected – to do at your child's age? Now: What are you doing for your child that they could be doing themselves? Chat with them about this.

Then, have them choose some new activities they can do this week – with a friend, if they'd like, just not with an adult. Some of these ideas will seem too simple. Some, too hard. And some, like that bowl of lukewarm porridge, just right.



THINGS TO START DOING (WITHOUT AN ADULT)

- | | |
|---|---|
| ☐ Get up and out of bed, on time – and even chipper! | ☐ Do the laundry, or at least put it away |
| ☐ Get ready for school and out the door | ☐ Tie shoes (a classic!) |
| ☐ Bake cookies! (Feel free to send samples to Let Grow) | ☐ Find something without asking someone else to find it |
| ☐ Play at the park without a parent watching the whole time | ☐ Set or clear the table – or both |
| ☐ Stay home alone | ☐ Wash the car / the dog / the dog's car (just spitballing here) |
| ☐ Make breakfast, lunch, or a snack (but a cool snack, not just a bag of Goldfish) | ☐ Your ideas here:

_____ |

AT THE END OF THE WEEK: Whew! Look back and see how much has changed!

PARENT VERSION

I used to think _____. Now I think _____.

KID VERSION

I used to think _____. Now I think _____.

NOW: Have your child choose (at least) one activity from the week to keep doing

WEEK 2

GETTING AROUND

Letting go is an act of bravery.

This week it's GO time! Time for your kids to go new places on their own.

Yes, it can feel scary – because the media has force-fed us a slew of scary stories (and *three decades* of Law & Order). True stat: If you wanted to *guarantee* your kid would be snatched by a stranger, you'd have to leave them outside for...750,000 YEARS!

There's a risk to *not* letting kids do anything unsupervised. As their independence goes up, so does their mental health – and the opposite is true, too. So: Teach your kids they can TALK to anyone, not go OFF with anyone. And bonus: Try not to track them!



THINGS TO START DOING (WITHOUT AN ADULT)

- | | |
|--|---|
| ☐ Go to some other aisles at the store to get things the family needs | ☐ Take public transit |
| ☐ Go into a business or store (Mom or Dad stay in the car) | ☐ Vacation edition:
Explore someplace new!
Eat something new, too! |
| ☐ Go to the restroom in a restaurant | ☐ Learn to cross the street safely
(um...maybe do this one first?) |
| ☐ Walk / bike to school or the bus stop | ☐ Walk a mile. Or FIVE miles! |
| ☐ Hike or bike (or trike!) a trail | ☐ Your ideas here:
_____ |
| ☐ Get to a friend or relative's house | _____ |
| ☐ Get to an activity or appointment | |
| ☐ Hit the library, museum, or mall | |

AT THE END OF THE WEEK: Another biggie! Look back with your kid on all the places they went and new things they did and saw. What can they now do regularly? And please reflect:

PARENT VERSION

I used to think _____. Now I think _____.

KID VERSION

I used to think _____. Now I think _____.

WEEK 3

INTERACTING WITH THE WORLD

The happiest adults are the ones who were trusted as kids.

Cool study: When 200 college students were asked, "What would happen if you talked to a stranger?" most said: Nothing good. Then half were told to talk to a stranger a day for a week: "Someone wearing interesting shoes," or "Drinking coffee."

End of the week? The ones who HADN'T talked to strangers still thought it would be awful. But the ones who did? LOVED it! And kept doing it!

The whole idea of getting brave is doing something new that seems hard, and seeing you can actually deal. Maybe even love it. So – it's time for kid meets world!



THINGS TO START DOING (WITHOUT AN ADULT)

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|--|--|
| ☐ Order fries from a real, live human | ☐ Talk to an adult (besides the teacher) at school |
| ☐ Knock on a neighbor's door to borrow or give them something | ☐ Talk to someone new while you're waiting for something to start |
| ☐ Run a lemonade stand (Or cookies! Or hot chocolate! Or free puppies!) | ☐ Go someplace you don't fit in |
| ☐ Talk to the checkout person at a store | ☐ Stay a while someplace you don't fit in |
| ☐ Ask directions from a stranger | ☐ Your ideas here: _____ |
| ☐ Call and schedule an appointment | _____ |
| ☐ Return something to the store | |
| ☐ Compliment a stranger's shoes! | |

AT THE END OF THE WEEK: All. Those. People. Mom or dad: Find out which people your kid had fun talking to – or where something went a little screwy – then reflect on those new interactions:

PARENT VERSION

I used to think _____. Now I think _____.

KID VERSION

I used to think _____. Now I think _____.

WEEK 4

BUILDING CONNECTIONS

Confidence is what grows when fear is met by action.

Psychologists say we all need three things to be content: Autonomy, Competence and Connection. Your child has been building autonomy by doing more and more for themselves, and competence by trying new things, going new places, talking to new people.

This final week, the focus is CONNECTING. Face to face socializing. Making friends. Joining things, helping people, making things happen. It may be the best week of all!



THINGS TO START DOING (WITHOUT AN ADULT)

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|---|--|
| ☐ Sit with someone new at lunch | ☐ Teach something to a younger kid |
| ☐ Have a picnic (Do not forget salt. Everyone forgets salt.) | ☐ Take the cousins someplace (and bring them back!) |
| ☐ Build a fort with friends (outside!) | ☐ Get a gift for someone |
| ☐ Plan a trip, big or small, near or far | ☐ Get a part-time or one-time gig (shovel, babysit, mow...) |
| ☐ Get kids to come out and play | ☐ Plan a sleepover (and plan on not sleeping enough) |
| ☐ Run an errand for someone | ☐ Your ideas here: |
| ☐ Try a new sport or club | _____ |
| ☐ Invent a new sport or club | _____ |
| ☐ Trick or treat!
(Best in late October) | |

AND NOW - LOOK BACK!

Think how much more your kids can do – and how proud they are! How proud YOU are!

And brag a little! Send your stories, photos, and videos to stories@letgrow.org and we might feature them in a blog or social post.