Letting Go
Parenting – Lisa DeNardo
Pathways #43, page 50



Talking Points

- ❖ One parenting lesson everyone needs to learn is how to let it go. (And if you happen to be the parent of a young child, you may instantly begin singing "Let It Go" with the mere mentioning of letting something go.)
- The Taoist philosopher Lao Tzu says, "By letting go it all gets done. The world is won by those who let it go. But when you try and try, the world is beyond the winning."
- It's important to focus on where you are in the moment and stop worrying about what needed to be done or all of the things that aren't.
- Every day life is full of learning opportunities; sometimes they are peaceful and sometimes they are chaotic. Part of learning how to let go is finding peace within the chaos.
- Sometimes if your day isn't going as planned and the kids are going crazy, sometimes everyone (including you) is happier to just stop the list and play. Enjoy these in-the-moment decisions and roll with it. The list can wait.
- Joseph Campbell says, "We must be willing to let go of the life we have planned, so as to accept the life that is waiting for us."

Resources

Full references for each article are available at http://pathwaystofamilywellness.org/references.html

A blog post about parenting on a busy day. I love what she says at the end, "I did not check off many to-do boxes today, but my little ones did: learn, play, eat, sleep, read, and repeat. And I helped them do those things. If I measure each day by my list, they are not always very good, but when I look at each day like it is their day too, because it IS their day, too, well, then most days are better. A lot better." http://www.coffeeandcrumbs.net/blog/2014/8/17/its-their-day-too

Pathways Connect: Talking Points & Resource Guide

Just for laughs - Disney's Frozen "Let It Go" http://www.youtube.com/watch?v=moSFlvxnbgk