

Create Joyful Independence for Your Family, in the Nest and Beyond

A close relationship with our kids is a gift. But, it's possible to become so over-involved that our kids don't learn to spread their wings. And, how does that hovering "helicopter" mode impact us as parents?

This unique resource releases both parents and kids to fully enjoy the comforts of the nest *and* their ability to explore and grow beyond it. *Courageous Parents, Confident Kids* gives you the practical skills and inspiration every family needs to grow up together. This is your guide to sustainable parenting that makes letting go a safer and happier process, every step of the way. Let the journey begin! You'll get guidance on:

- The courage to invest in your own care, career, and development
- The courage to raise capable, confident kids at every age
- Beyond "Stranger Danger"—concrete skills for online and personal safety
- Finding your voice and raising it for the community

"Wondering why kids used to play and roam outside, but things are so different today? This book brims with courage for today's parents, and ways to pass that power onto the next generation. Read on!" —Lenore Skenazy, Founder of FreeRangeKids.com and author of *Free-Range Kids: How to Raise Safe, Self-Reliant Children (Without Going Nuts with Worry)*

"Tiemann's 'letting go so you both can grow' is the shift parents need to nurture themselves and their families with absolute confidence and joy." —Michele Borba, Ed.D., author of *The Big Book of Parenting Solutions: 101 Answers to Your Everyday Challenges and Wildest Worries*

FREE BONUS: Top 10 Courage Boosters!
Go to www.BothCanGrow.com.



Cover Design: Katbi Dunn, www.dunn-design.com
Cover Illustration: Jane Mjolsness

CONTRIBUTORS

Renee Peterson Trudeau
Kella Hatcher
Maryanne Perrin
Maya Frost
Melissa Stanton
Amy McCready
Jamie Woolf
Irene van der Zande
Linda Criddle
Joanne Bamberger
Kristin Rowe-Finkbeiner
Cooper Munroe
Emily McKhann

Amy Tiemann, Ph.D., multimedia producer, educator, and catalyst for social change, is the celebrated author of *Mojo Mom* and founder of MojoMom.com. Tiemann reaches a global audience through her books, articles, podcasts, national radio tours, and TV appearances including NBC's *Today Show*. She collaborates with the contributors to this book to lead the way to a new era of empowered parenting, based on creativity, connection, and action.

Learn more at www.MojoMom.com.



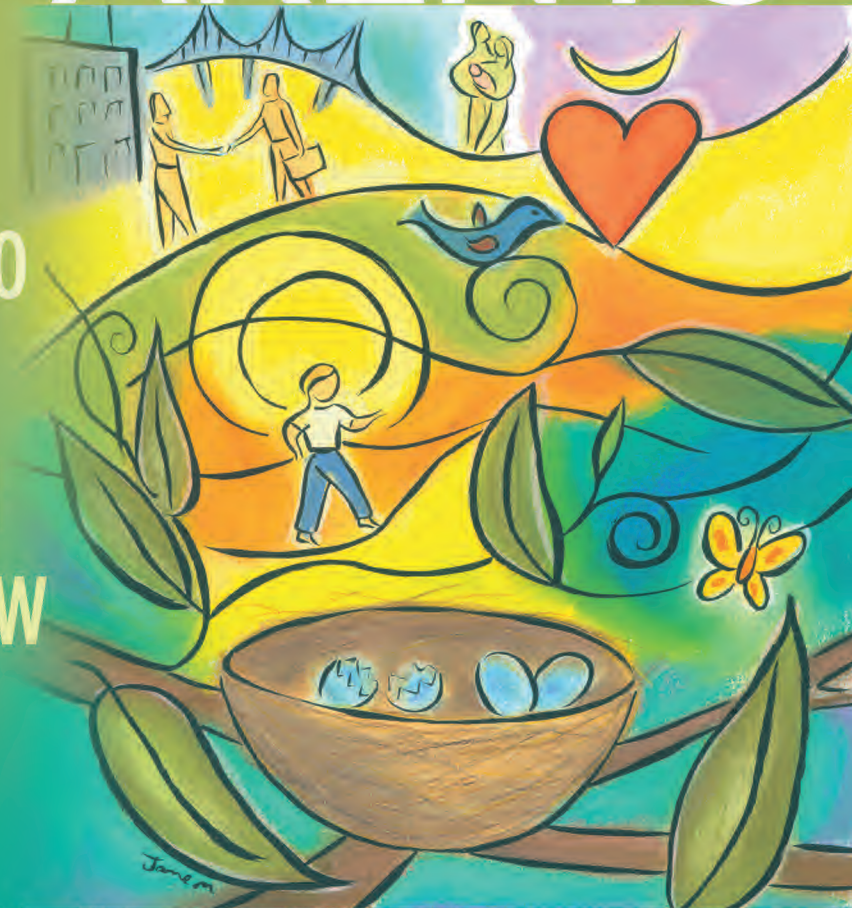
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AMY TIEMANN, PH.D.



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Edited by AMY TIEMANN, Ph.D.
author of *Mojo Mom*
—as seen on *The Today Show*