



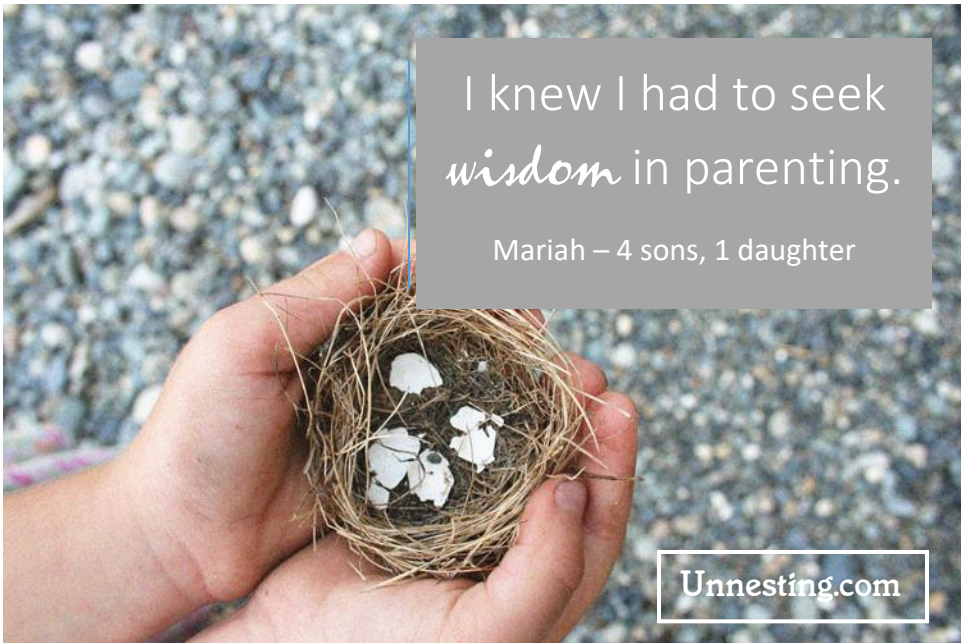
Welcome to Unnesting! I am so excited to walk this journey with you!

As a small gift, I have put together some words of wisdom gleaned from moms just like you. Print them on cardstock, cut them out, share them – or keep them.

May you be encouraged by the enclosed insights and may you know that God has given you wisdom and insight in your parenting journey as well. May you share what you've learned and encourage other moms – and may they encourage you in return!

With affection,

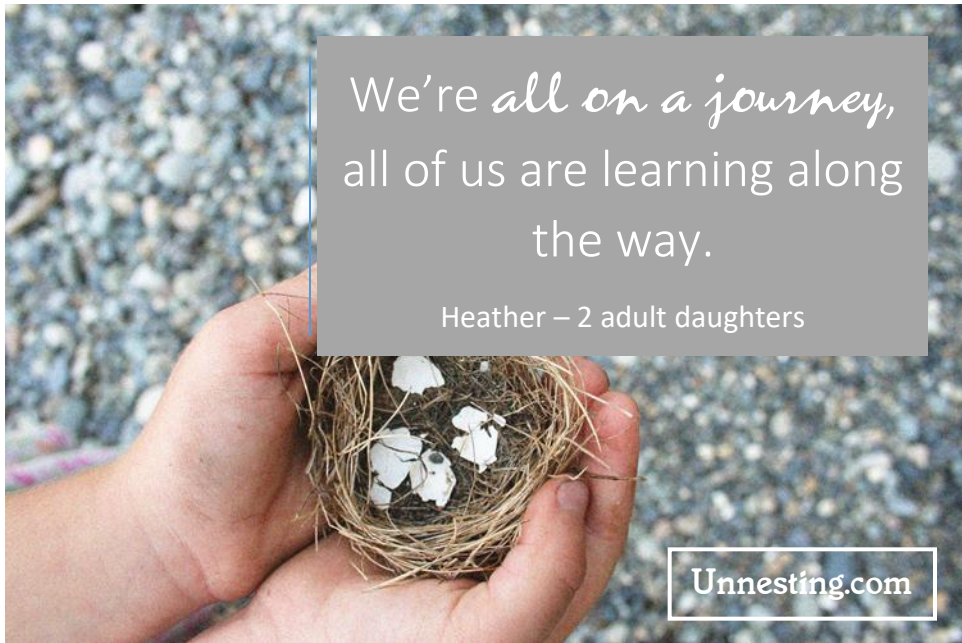
Tiffiney



I knew I had to seek
wisdom in parenting.

Mariah – 4 sons, 1 daughter

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We're *all on a journey*,
all of us are learning along
the way.

Heather – 2 adult daughters

Unnesting.com



If I were to encourage
anybody, it would be to *allow*
the hard conversations.

Heidi – 1 adult daughter, 2 sons

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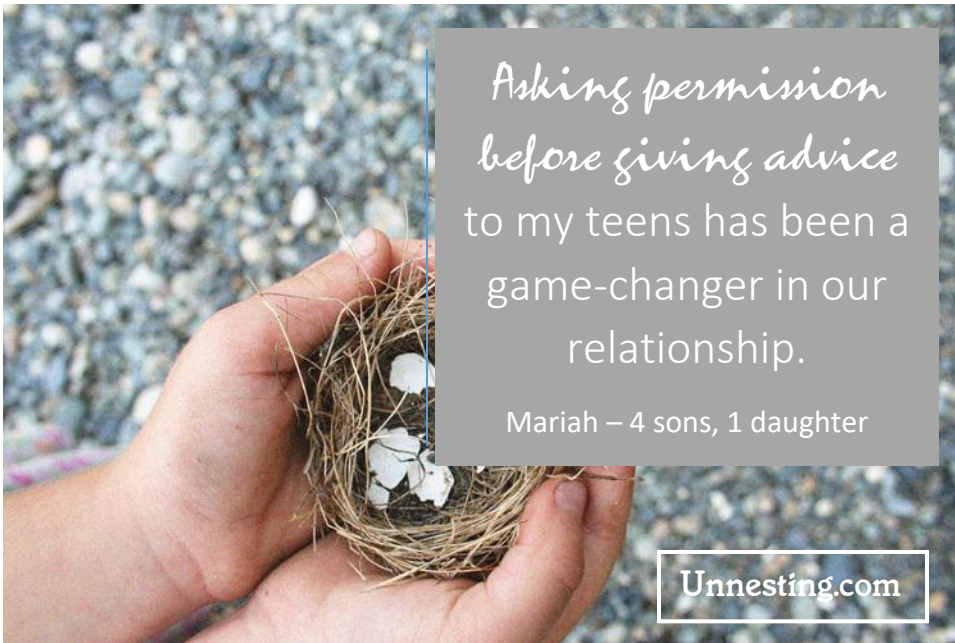


I think gentleness is important.
What they are doing is hard
and takes courage.

Heather – 2 adult daughters

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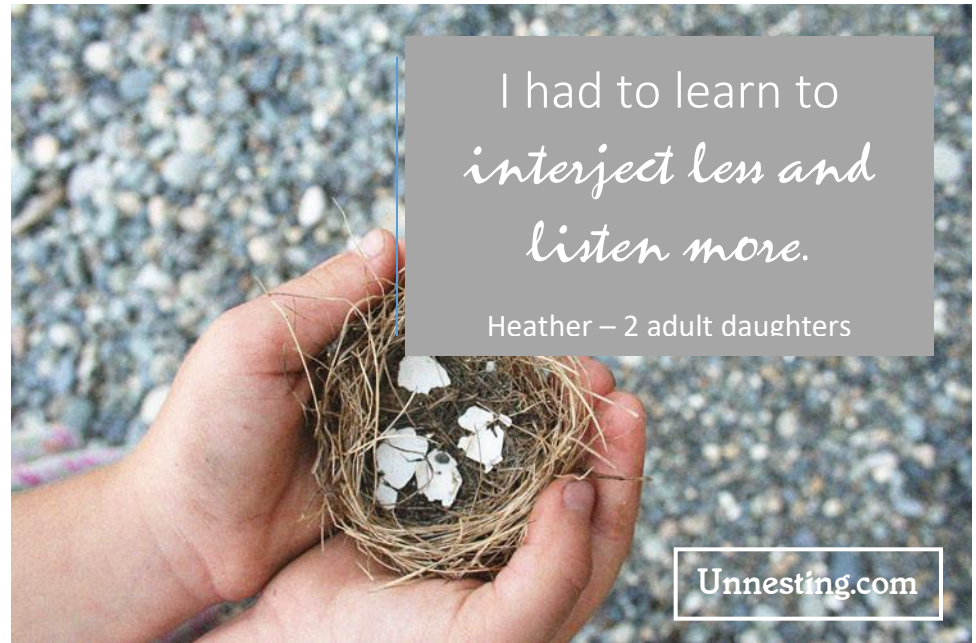
I knew I had to seek
wisdom in parenting.



*Asking permission
before giving advice
to my teens has been a
game-changer in our
relationship.*

Mariah – 4 sons, 1 daughter

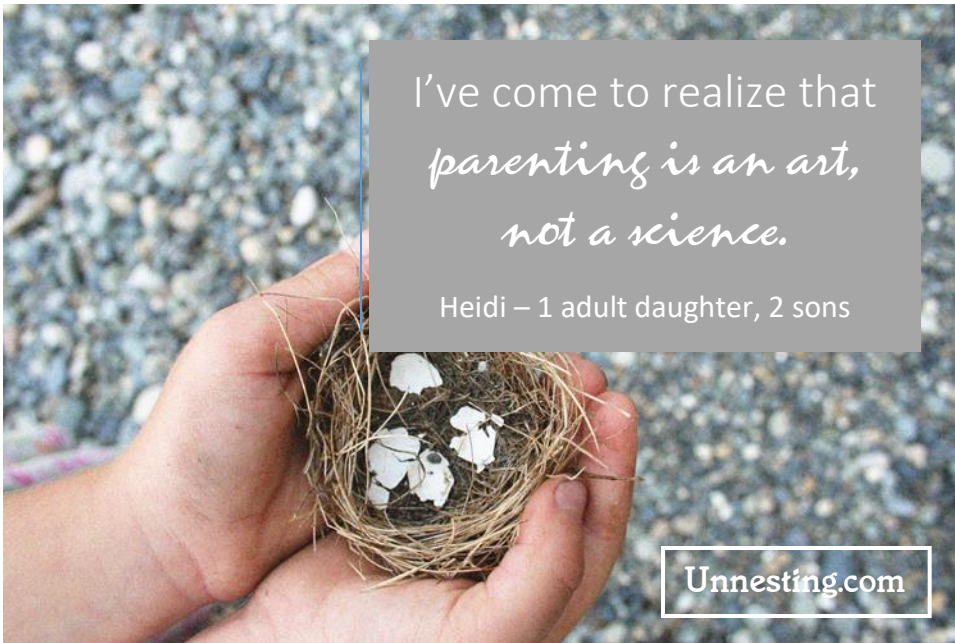
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I had to learn to
*interject less and
listen more.*

Heather – 2 adult daughters

Unnesting.com



I've come to realize that
*parenting is an art,
not a science.*

Heidi – 1 adult daughter, 2 sons

Unnesting.com



Becoming fully independent is a process.
*There's nothing wrong with it taking
a while.*

Heather – 2 adult daughters

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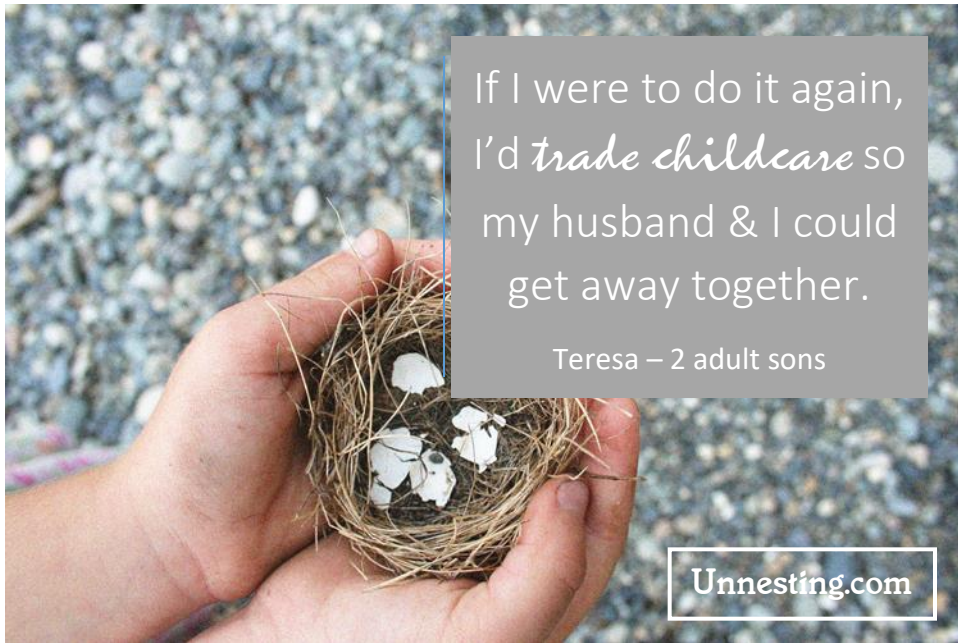
I knew I had to seek
wisdom in parenting.



Knowing friends were
praying *gave me strength*
in the hardest moments.

Teresa – 2 adult sons

Unnesting.com



If I were to do it again,
I'd *trade childcare* so
my husband & I could
get away together.

Teresa – 2 adult sons

Unnesting.com



Ask God for help. Ask Him for
help in every part of your life.

Larra – 1 adult daughter,
younger son & daughter still in process

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I've started *talking to her like a friend.*
It's helped with the heart connection.

Larra – 1 adult daughter,
younger son & daughter still in process

Unnesting.com

I knew I had to seek
wisdom in parenting.