

PFS CONNECTS NEWSLETTER



**Navigating Parenthood in
an Anxious World**



**Independent Life Skills
Checklist**



Our mission is to empower families to gather strength and clarity toward action and hope.



Navigating **PARENTHOOD:** Fostering Independence in an Anxious World

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If you're raising a child—of any age—you know how stress-filled the experience can be. Parenting is a journey rich with love, growth, and connection, but it's also one that often carries a quiet weight: fear and anxiety.

In today's world, where uncertainty seems to lurk around every corner, many parents are driven by a deep desire to protect their children at all costs. This instinct, while rooted in love, can sometimes hinder our children's growth. Let's explore how anxiety impacts parenting—and how to shift from fear-driven reactions to confident, intentional guidance.

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Is your Young Adult Struggling to Launch or Connect?

Our team provides families with resources in turning uncertainty into direction by offering proven strategies to help young adults move forward with purpose in today's challenging world.

- Therapeutic support and coaching resources
- Young adult programs with guidance and accountability
- Mentoring in pursuit of work, school, or trades
- Structured gap semester/year experiences
- Neurodiverse and social skills development



**Let's find the right balance of
independence and structure,
while building confidence,
purpose, and real-world skills.**



Transition from childhood to young adulthood is different for everyone, but these are indicators that your kid is developing resilience and autonomy.

LIFE SKILLS CHECKLIST

SIGNS to look for:

Personal Care & Hygiene

- ☐ Brushes teeth & hair, bathes or showers
- ☐ Manages own laundry
- ☐ Uses alarm clock, manages sleep schedule
- ☐ Takes medications/vitamins as needed

Health & Safety

- ☐ Recognizes illness symptoms, understand first aid
- ☐ Know allergies/medical conditions, doctors contact
- ☐ Make sure home & car locked
- ☐ Protect personal information (social media, credit)

Social Skills & Self-Advocacy

- ☐ Greets others, eye contact, responds to messages
- ☐ Can express needs, emotions, or boundaries clearly
- ☐ Resolves basic conflicts with peers & adults
- ☐ Advocates & asks for help when needed

Decisions & Problem Solving

- ☐ Can make simple decisions, keep a schedule
- ☐ Tries problem solving, thinks thru cause/effect
- ☐ Organizes for school, work or activities
- ☐ Understands how to navigate surroundings

Finances

- ☐ Understands value/types of currency
- ☐ Can make small purchases in a store
- ☐ Budget/Saving/ATM
- ☐ Knows difference in want & need

Food & Household

- ☐ Create grocery list, make simple meals
- ☐ Does household chores (clean, trash)
- ☐ Exercise routine, sleep schedule
- ☐ Plug in electronics, monitor usage



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