



FLATIRON
BOOKS

Grown and Flown Reading Group Guide

1. What are some of the biggest challenges you've faced in staying close with your kids as they grow older and leave home? Where have you had the most success?
2. How have technology and social media affected how you stay connected to your kids?
3. What are your feelings on location-based tracking apps? Do you consider this a helpful tool or an invasion of privacy? Do your kids feel differently?
4. What has changed the most about how teens and parents relate since you were a kid? What has stayed the same?
5. Depression and anxiety have soared among young adults in recent years. How has mental health impacted your kids? How have you approached these conversations with them? What resources have you found to be helpful?
6. Many students struggle with school-life balance. What are some ways you have helped your kids find balance?
7. "While we teach our kids respect for expertise and authority, it is also important for them to understand that no one knows their body and mind better than they do" (page 91). How have you taught your kids to advocate for their own health?
8. How have you approached talking to your teens about love and sex? Do you find that the current social and cultural conversations provide a helpful context for these conversations?
9. "Coming to terms with that fact that our kids are doing just fine, even if they are not given the accolades of a standout, can sometimes be a greater challenge for a parent than for their teen" (page 159). How do you manage your expectations for your kids, academic or otherwise?
10. To check or not to check: where do you fall in the debate over grade portals?
11. "Sadly, college admissions is viewed by many as the ultimate report card on parenting: a single, defining letter grade given at the end of eighteen long years of loving effort" (page 197). How has social pressure surrounding college admissions affected you as a parent? Do your teens have a different perspective? Do you think those cultural pressures and expectations are shifting?

12. A four-year college is not the only option for teens post-graduation. What other opportunities have you considered with your kids? How do you feel about those possibilities? How do they feel?
13. “Letting go of our kids has become an almost contentious issue. On one side of the philosophical spectrum are parents who argue that clinging to your teens is a selfish act that impedes their progress toward adulthood. On the other side are parents who argue that we cannot love our kids too much” (page 240). What are your thoughts on how much to stay close to our kids and how much to let go?
14. “We asked hundreds of parents how they best dealt with their kids going off to college. The number one response was focusing on how happy their kid was in their new environment. The second most popular way to adapt was to focus on the kids who were still living at home” (pages 288-289). How do you think you will/did you deal with your kids going off to college? What would you recommend to other parents going through the same thing?
15. “Students are likelier to have a successful sojourn on campus when they involve themselves in the life of the college—academically, socially, athletically, or in any other constructive manner” (page 324). What are some ways your kid has been able to engage and thrive in college?