



# Kindness For Success

## KIND Framework

A parents' support tool for navigating  
transitions with young adults

# K.I.N.D. Framework

As your child steps into adulthood—whether heading to university, starting a job, or moving out—this transition is not just about them growing, but about you growing too. The K.I.N.D. framework helps parents balance encouragement, support, and self-care, ensuring kindness remains at the heart of this journey.

## K – Know Your Needs

Supporting your young adult doesn't mean neglecting yourself. Identifying your own needs helps you stay resilient. Ask:

- *What do I need to feel grounded and balanced during this transition?*
- *How can I create space for myself while still being available to support my child?*
- *Who can I lean on for support—friends, colleagues, or a coach?*

*Action Tip: Schedule regular self-check-ins. Just as you encourage your child to take care of themselves, model that behavior for them.*

## I – Intentional Choices

Rather than reacting to changes with stress, make conscious choices about how you engage with your young adult.

- Am I offering advice because it's truly needed, or because I feel anxious?
- How can I encourage independence while still being a safe space for them?
- What traditions or small moments can I keep to maintain connection?

*Action Tip: Shift from 'controlling' to 'coaching.' Instead of saying "You should do this," try "What do you think would work best for you?"*

## N – Navigate with Self-Compassion

This transition brings mixed emotions—pride, worry, excitement, and loss. Be kind to yourself as you navigate these feelings.

- Am I allowing myself time to adjust to this new phase?
- Do I need to let go of any guilt or expectations around what parenting 'should' look like at this stage?
- Am I practicing the same patience with myself that I offer my child?

*Action Tip: When doubt creeps in, reframe your inner voice. Instead of "I should be handling this better," try "I am learning and growing alongside my child."*

## D – Daily Kindness Practices

Kindness isn't just a concept—it's a practice. Small, consistent acts of self-kindness create resilience and a stronger connection with your child.

- What is one small act of self-kindness I can do today?
- How can I show kindness in my interactions with my child, even when conversations are tough?
- What routines or rituals help me feel connected to myself and my family, even when we're not physically together?

*Action Tip: Keep a 'kindness log'—jot down moments where you showed yourself or your child kindness. It helps build awareness and gratitude.*

# K.I.N.D Framework

After experimenting with the K.I.N.D framework a few times, I'd recommend taking a few minutes to pause & reflect. These questions may help guide you.

- How did you find using the K.I.N.D. framework? *Easy, Started ok then slipped, hard, didn't do it*
- As you reflect back, do you notice any patterns?
- What, if anything, have you done as a result of this exercise that you'd like to continue?
- What, if anything, have you done as a result of this exercise that you'd like to replace with something else (for example - it could be being mindful of your self-talk)

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If you would like to go deeper into this tool and other ways to support you showing yourself, contact me via [www.kindnessforsuccess.com](http://www.kindnessforsuccess.com) or [@kindness.for.success](https://twitter.com/kindness.for.success)

