

## On “Leaving the Nest”

Humans are mammals, not birds, so the phrase, “leaving the nest” is not only stupid, but inapplicable. Last night my son decided after two years to sleep in another room, in his own bed. We helped him get everything set up, including moving dozens of his favorite plush dolls, his posse, to his new area. Because we are mammals, not birds, we told him that he will always be welcome back into our family bedroom, to visit or to stay. As it is with sleep, so it is with life. Our children will never be forced to leave their home. If they want to stay and raise their families in our midst, with our help, as humans did over eons in family-based tribes, we will welcome them with open arms and open hearts (and truth be told, with warm satisfaction). And that’s today’s two cents.

Skyler.