He didn't ask. He didn't pry
He just held the ice that covered my black eye
And when that girl broke my heart
We just threw that baseball back and forth 'til dark
And when I started playin' guitar and didn't have a clue
He wanted to protect me but somehow my father knew

You can cry for 'em
Live and die for 'em
You can help them find their wings
But you can't fly for 'em
'Cause if they're not free to fall
Then they're not free at all
And though you just can't
Bear the thought of letting go
You pick 'em up. you dust 'em off
You send 'em on down the road

A little kiss on a skinned up knee
From playin' soccer, riding bikes and climbing trees
And when bad dreams filled their heads
I chased the monsters out from underneath their beds
I guess I always knew those days would end
But the hardest thing I've ever learned has been

You can cry for 'em
Live and die for 'em
You can help them find their wings
But you can't fly for 'em
'Cause if they're not free to fall
Then they're not free at all
And though you just can't
Bear the thought of letting go
You pick 'em up, you dust 'em off
You send 'em on down the road

You can cry for 'em
Live and die for 'em
And even though it's gonna break your heart
You let 'em go. You pick 'em up, you dust 'em off
You hold 'em close and you pray a lot
You send 'em on down the road