

Detachment from family life while the children are at home is an internal process, not external. Externally one must do one's duties, show affection to wife and children, etc. Detachment from family means that since family are natural objects of deep affection, and one will naturally be attached, one should not be overly attached to the point where such attachment becomes an impediment to our bhakti.

When the kids are grown up one takes vanaprastha, which means one gradually winds down material life. Of course, in order to do this, one needs sufficient money to retire or needs to have a business that is supporting him that he doesn't spend much time with.

Sannyasa is only for those who are qualified and for those who will be traveling and preaching. Also, one has to make sure the wife is financially secure so she can live without the man's financial assistance if he is to take sannyas. And before taking sannyasa it would be ideal that one's daughter(s) are or at least engaged as is a father's duty to marry his daughters.

Many will not be advanced enough to take sannyasa, so vanaprastha is sufficient. Vanaprastha means that the majority of one's energy is engaged in devotional service and one's material life is minimized.

Still, you should engage as much energy as possible in devotional service now and gradually cultivate detachment. But detachment should not be cultivated independently of bhakti. Detachment is not the goal of bhakti nor the cause of bhakti. Detachment comes as a by-product of bhakti, a by-product of spiritual advancement.