

Preparing for an Empty Nest

If you mentally prepare yourself for when your children will leave home, you won't feel blindsided, says Donald Freedheim, Professor Emeritus of Psychology at Case Western Reserve University. Freedheim suggests the following tips:

START GIVING THE CHILDREN MORE FREEDOM.

"The child's senior year in high school should be a quasi-freshman year in college. Parents and adolescents should begin to have the kind of relationship and rules that the kids might have in college," he said. "Parents can begin to really loosen up their rules and act as if the child is in college — which helps them begin to trust the children to be on their own. As they get closer and closer to that time, they can really start to see their kids, to some extent, as boarders in the house."

GET INVOLVED IN ACTIVITIES.

The high school years are a good time for parents to get involved in activities that interest them. As children grow older, there is less chauffeuring to be done, fewer bake sales to slave away at the stove for and fewer class parties to attend. Parents should use this time to immerse themselves in various activities, so when they do have an empty nest, they have already developed ways to occupy their free time.

REMEMBER YOUR FEELINGS ARE NORMAL.

Some parents may feel like there is something wrong with them for being so sad about their children leaving home, especially when they'd looked forward to it for some time. But these feelings are normal, and keeping that in mind can help to come to terms with them faster.



**Tallahassee's
Best Kept
Secret**

Too bad you couldn't pack your
OB GYN when you moved here
for school.

We're Here For You
obgynTallahassee.com

OB GYN
Gynecology & Obstetrics
Associates, PA
(850) 877-3549

The advertisement features a close-up of two young women. The woman on the left is smiling broadly, while the woman on the right is whispering into her ear, with her hand covering her mouth. The background is a warm, orange-toned gradient.