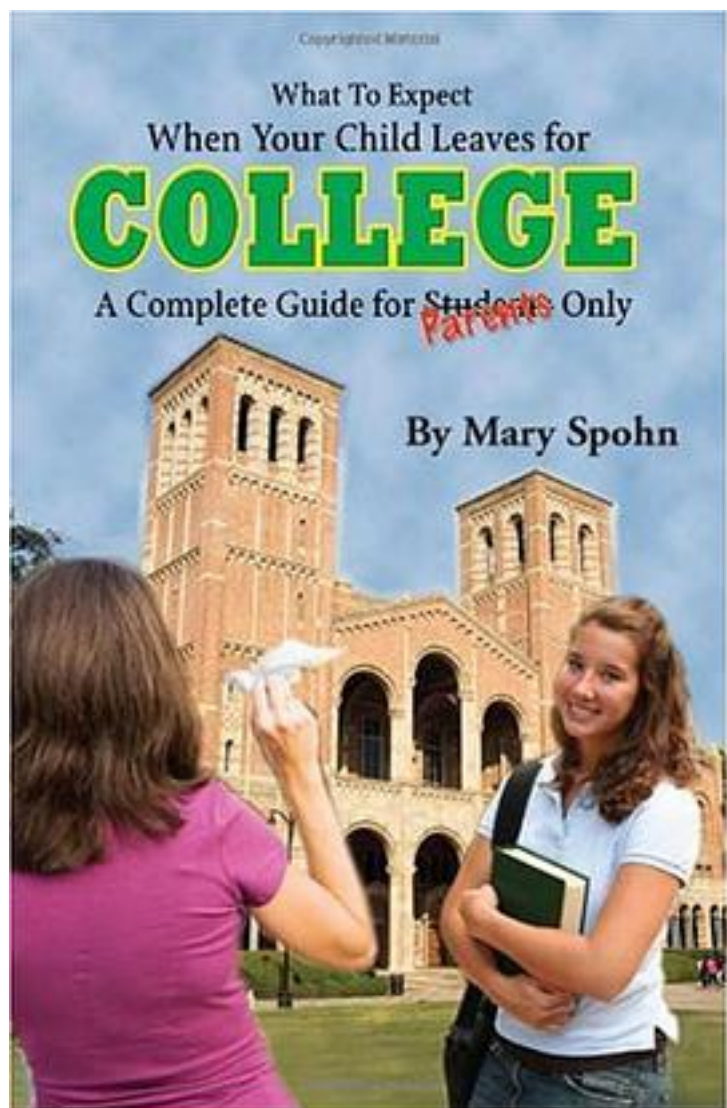


What to Expect When Your Child Leaves for College



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According to experts in the field of psychology, over half of parents experience some sort of separation anxiety when their child leaves for college. You may have been looking forward to your child's departure for 18 years, but now that the time has finally come you are experiencing mixed emotions. This book will provide you with valuable information and will help make the transition easier. In this new book, you will learn how to encourage independence, how to offer support, how to handle the drop-off, how to deal with empty nest syndrome, how to talk to your child about his or her emotions, how to keep the lines of communication open, how to plan meaningful family time, and how to teach your child to live on his or her own. Additionally, you will be provided with insight into your child's emotions, which will help you understand his or her behaviour, such as spending excessive amounts of time with friends, ignoring you, or being disagreeable. You will learn how to handle the emotional roller-coaster, how to give your child time to adjust to college life, how to prepare for your child's first visit home, and how to help others deal with the transition. By reading this book, you will learn how your life will change, and you will discover ways to fill the void. This book provides you with countless ways to prepare yourself for your child's departure, as well as advice from parents, students, and psychologists. Whether your first child is leaving for college or it is your youngest child going away to school, you will find ways to cope with this difficult time in your life.

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