

## Ways to Let Go Gracefully!

1. Provide a news clipping service- mail hometown news, cartoons, advice columns and like items to your student. Works on email as well.
2. Send care packages. They do not need to be expensive, but send enough goodies for your student to share. This will increase his/her popularity instantly!
3. Maintain "home base." Do not convert your student's room at home to a guest bedroom or to that home office you have always wanted. Keep his/her room intact, if possible, for at least the first semester so that your student knows s/he still has a place back home.
4. Schedule telephone or email contacts- have an agreement to speak at least once a week. This way you will not have to nag him/her to call you and/or you can limit too many calls home if need be.
5. Limit visits home. Students need to stay on campus for a few weekends to get established and involved. Do not believe them when they say there is nothing to do on campus. There is plenty to do- s/he has to make the effort to get involved, and this can be hard when you are the newcomer.
6. Visit Catawba upon your student's invitation. Remember, a student's dorm room is now his/her CASTLE, and it is important that you not drop by unannounced. Also ask your child not to drop in at home unannounced if so desired.
7. Take a planned vacation. Reward yourself for a job well done of raising your child. Plus, it can help ward off the "empty-nest blues."
8. Reacquaint yourself with your spouse/partner. Do you even remember how to have a conversation with your spouse without talking through your children?
9. Keep your child on a budget. Be tough, be fair. And no, your child will not die a terrible death if they do not have the latest DVD player or wardrobe. Hold your student accountable- s/he has to show you how the money has been spent before receiving more.
10. Share personal information. Talk about what you have learned and how. Share some of your early adult experiences. It is time to make the switch from parent-child communication to adult-adult communication.
11. Discuss sexuality openly and honestly and FACTUALLY. Otherwise, s/he will learn it from MTV.
12. Assess when your student is in trouble, confused, failing a class, etc. and call for help to the campus personnel.
13. Limit your interior decorating services. Let your student decorate his/her room- no matter how tacky you think it is. This is one time parents need to withhold judgment.
14. KEEP A SENSE OF HUMOR.

Remember- your student still needs you (the parent) but in a different way now. Encourage, support, love and protect. But also allow your student to make mistakes and successes so that s/he can stand on her/his own as an adult.