

College of Agricultural Sciences  
and Natural Resources



## *Coping Strategies for Parents*

**1) Recognize that feelings of ambivalence about your child leaving home are normal.**

Remember that this is not a separation of a parent and child, it is actually a separation of an adult from an almost adult. It is normal to look forward to the relative peace and quiet of having your active older adolescent out of the house and having the place to yourself, or even being able to spend more time with your younger children.

**2) Allow yourself to feel whatever emotions come up.**

Pretending you don't feel sad, guilty, relieved, apprehensive, or any other emotions you might have while your child is getting ready to come to UNL doesn't serve any benefit. You aren't fooling anyone by trying to hide your emotions. It is healthier to talk about your feelings with your family, friends, clergy, or whoever supports you.

**3) Make "overall wellness" a goal for yourself.**

During stressful times, such as when your child goes to college, it helps to get enough sleep, eat healthy meals regularly, and get adequate exercise. Spending some recharging time-doing the special things that you like-is another step toward wellness. If you are feeling good, you are more likely to have the energy to help your child make their adjustments and be a good role model.

**4) Find a new creative outlet for yourself.**

Especially parents whose last or only child has moved away to college find that taking on a new challenge is a good way to manage their feelings. Have you ever wanted to take up a new hobby? Now's your chance. Make a list of all the things you intended to do while your child was growing up, but never had the time to do.

**5) Remember that coming to UNL is a very important developmental step toward full adulthood for your child.**

This is the time when your child is going to start finding their place in the world. Your hard work will show itself when your child has to start making independent choices. Focus on the fact that you are providing your child with this opportunity. Be proud of yourself.