

The parent-teen relationship: Emptying the nest

Kids leaving for college or the workforce brings emotional challenges for everyone. Here's how to navigate them.

SOT

Sara Bennett

OSF HealthCare psychotherapist

"Anytime we have an adjustment period, it's hard. We have a lot of mixed emotions. Parents are really excited for their kids to go to college and have these opportunities. But at the same time, it's kind of sad. You start reflecting on how much time you've spent with these kids and how fast it's gone. So, there's sadness, happiness, excitement and uncertainty. There are a lot of emotions." (:29)

SOT

Sara Bennett

OSF HealthCare psychotherapist

"I expect you to attend your classes. If you oversleep a time or two, that's fine. But a lot of times, mom and dad are footing the bill for this. So, they have some skin in the game. You just want your kid to do well. You want them to be successful. Building habits in college continues that success pattern. The student can carry that through their adult years." (:24)

SOT

Sara Bennett

OSF HealthCare psychotherapist

"How are they going to be open and respectful to new experiences and still hold on to who they are?" (:10)

SOT

Sara Bennett

OSF HealthCare psychotherapist

"Counselors can help kids process emotions and teach them how they can reach out to parents and others [for help]. Sometimes kids go off to college, and suddenly they're very overwhelmed. This seemed like it was going to be a really great thing. But they find themselves a small fish in a very big pond. Or they find the workload is very different. They think they can handle four or five classes, and they find out that's a lot. They're drowning. They're not really sure where to go or what to do." (:33)