

## 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.*

### ANCHOR LEDE

Leaving for college or the workforce is one of the most momentous times in a young person's life. But it's stressful for parents too.

Sara Bennett, a psychotherapist at OSF HealthCare, reminds you: these feelings are normal, and you're not alone. There are ways to navigate the rough waters.

### TAKE VO

Parents should be open with their kids about how they're feeling.

And, set expectations for both sides.

\*\*\*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)**

### VO TAG

Expectations for parents could include giving the young adult space or a financial reward if they meet academic goals and stay out of trouble.

Young adults should also expect to encounter different cultures and points of view. Having a cheat sheet of campus resources can help navigate these waters.