

INFORMATION FOR PARENTS:

In fact, healthy parental bonding helps adolescents to become independent and autonomous smoothly. The first year of college should be taken as a transitional period for separation rather than an abrupt ending of all contact with home.

In the first years of college, interdependence with parents and siblings is psychologically healthy and helps the young adults to become more mature, loving and self-confident.

A study of undergraduate freshmen shows that, overall, students feel closer to their families after they leave home and these closer ties promote greater independence and self responsibility. Students who have a secure base at home are more likely to form friendships, make good grades, and feel more satisfied with life in college. When they make phone calls or come home on vacations, they are more likely to express their affection to the family members and communicate in an open and honest manner about how well they are doing at college.

When they are stressed out, or they have a problem or an important decision to make, they look to their parents for support and consultation. These behaviors do not endanger their autonomy and independence.

Harmonious relationship with parents leads to a feeling of psychological well-being in students. They believe that their parents want them to be independent and at the same time, they feel assured that their parents will be available if they need help.

On the other hand, students who feel lonely and unsupported by their family lack confidence, and are also likely to be unassertive in the presence of others. They might have problems in separating from their parents and they may find it difficult to form close relationships.

For most of the adolescents, leaving home will be a smooth process. Only about 20 percent of adolescents have any major problems with the process of growing up and becoming independent. What is important is that adolescents feel that parents understand and accept them. If you are a parent, be available to them when they seek you out for support or consolation.

Allow them space and time to prepare for and adjust to the requirements of the new life and new environments. It is a time of joy and sadness for parents. Your "child" is stepping out of your home into the outside world. Do not be impatient and attempt to solve their problems or give unsolicited advice.

One of the most helpful things I know that parents can tell their adolescents at the time of saying good-bye is something to the effect, "Take good care of yourself, and even better care than we took of you."

Information from: <http://www.mindpub.com/art004.htm>

Important Information for Parents: **Protecting Your Child's Mental Health: What Can Parents Do?**
<http://www.jedfoundation.org/parentsguide.php>

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