

'Empty Nest' as Kid's Leave for University

Being a parent is challenging, there are certain milestones we look forward to and others, we dread. After raising and caring for your child for 18 years, of their life, you are faced with this change, they are moving out to attend University. We are giving up control and accepting our child has become more independent. This can seem overwhelming, and as much as we want to be supportive & encouraging of our child, we have a lot of mixed emotions ourselves.

Link in with your support network. Family & friends would have gone through the same experience. Emotional support is key during this time.

Reconnect your relationship. When kids are involved, partners can go on the back burner while we parent. We can rediscover our feelings for our partner at this point in our lives. So, take this time to talk, go on trips, nights out etc.

Note down the dates your child will be home for the holidays. This can give you a goal/aim for family get-togethers as well as helping keep you optimistic.

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Keep in contact regularly on the phone or texting. Even if it is one or two texts or calls a week, it will reassure you that your child is safe and well.

If you feel overwhelmed, need additional support, or feel you need to talk, get in touch with Relate NI services, and check out our FREE downloadable resources for on-the-go guidance and tips.