

Resources for Parents

Below is a list of books for parents. The first group focus on the student's transition. The second group focus on the impact on the parents' lives.

Focus on the Student's Transition to Life Away from Home

Almost Grown: Launching Your Child from High School to College by Patricia Pasick

College of the Overwhelmed: The Campus Mental Health Crisis and What to Do about it by Richard Kadison

Don't Tell me What to Do, Just Send Money by Helen E. Johnson

Empty Nest ... Full Heart: The Journey from Home to College by Andrea Van Steenhouse

The Launching Years: Strategies for Parenting from Senior to College Life by Laura Kastner , Jennifer Fugett Wyatt

Letting Go: A Parents' Guide to Understanding the College Years, Third Edition by Karen Levin Coburn (Author), Madge Lawrence Treeger

When Kids Go to College: A Parent's Guide to Changing Relationships by Barbara M. Newman , Philip R. Newman

When Your Kid Goes to College; A Parent's Survival Guide by Carol Barkin

You're On Your Own (But I'm Here if You Need Me) : Mentoring Your Child During the College Years by Marjorie Savage

Focus on the Parents' Experience of Changes Occurring during the College Years

Transition to College: Separation and Change for Parents and Students by Robin F. Goodman, Ph.D., New York University Child Study Center

Transition to College Stresses Parents and Kids by Emily Hagedorn / The Detroit News

Mothers and Their Adult Daughters: Mixed Emotions, Enduring Bonds by Karen Fingerman, Ph.D.

Empty Nest...Full Heart: The Journey from Home to College by Andrea Steenhouse

How to Survive and Thrive in an Empty Nest: Reclaiming your Life when Your Children have Grown by Jeanette Lauer et al

Operating Instructions: A Journal of My Son's First Year by Anne Lamott

She's Leaving Home: Letting Go as a Daughter Goes to College by Connie Jones

The Empty Nest: When Children Leave Home by Shelley Bovey

When You're Facing the Empty Nest: Avoiding Midlife Meltdown When Your Child Leaves Home by Mary Ann Froehlich