



Randolph-Macon  
College

Ashland, Virginia

## PARENTING A YELLOW JACKET: RESOURCES FOR PARENTS

*(Information adapted from the Barnes & Noble web page)*

### **Letting Go: A Parents' Guide to Understanding the College Years, Fourth Ed. (2003)**

(HarperCollins Publishers); written by Karen Levin Coburn & Madge Lawrence Treeger

**From the Publisher:** This best selling guide, read by hundreds of thousands of parents over the past decade, is now better than ever, newly revised and completely updated. Based on real-life experience and recommended by colleges and universities around the country, *Letting Go* offers compassionate, practical, and up-to-the-minute information to help parents with the emotional and social changes of the college years.

- When should parents encourage independence; when should they intervene?
- What issues of identity and intimacy await students?
- What are normal feelings of disorientation and loneliness for students, and for parents?
- What is different about today's college environment?
- What new concerns about safety, health, wellness, and stress will affect incoming classes?

### **Launching Years: Strategies for Parenting from Senior Year to College Life (2002)** (Crown Publishing Group); written by Laura Kastner & Jennifer Wyatt

**From the Publisher:** Launching a child from home is second only to childbirth in its impact on a family. Parents can end up reeling with the empty-nest blues, while teens find their powers of self-reliance stretched to the breaking point. During the time of upheaval that begins senior year of high school with the nerve-wracking college application process and continues into the first year of life away from home, *The Launching Years* is a trusted resource for keeping every member of the family sane. From weathering the emotional onslaught of impending separation to effectively parenting from afar, from avoiding the slump of "senioritis" to handling the newfound independence and the experimentation with alcohol and sexuality that college often involves, *The Launching Years* provides both parents and teens with well-written, down-to-earth advice for staying on an even keel throughout this exciting, discomfiting, and challenging time.

### **Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years (2000)** (St. Martin's Press); written by Helen E. Johnson & Christine Schelhas-Miller

**From the Publisher:** Finally, a Dr. Spock for College Parents. Does your daughter call home in tears over the latest "crisis," leaving you feeling helpless and concerned? Is your son confused about his major? When children leave for college many parents feel uncertain about their shifting role. By emphasizing the importance of being a mentor, *Don't Tell Me What to Do, Just Send Money* shows that parents may have lost control over their college student, but they haven't lost influence. Brimming with humorous case examples and realistic dialogues, this comprehensive guide covers the fundamental college issues.

### **Bringing Home the Laundry: Effective Parenting for College and Beyond (2001)**

(Taylor Trade Publishing); written by Janis Brody

**From the Publisher:** *Bringing Home the Laundry* combines a psychologist's advice with the stories and insights of parents and their college-aged kids. It reassures you that your child's departure for college does not sever family ties, but can mark the beginning of a deeply satisfying, exciting new phase in your parent-child relationship.

### **You're on Your Own (But I'm Here If You Need Me): Mentoring Your Child During the College Years (2009)** (Simon & Schuster Adult Publishing Group); written by Marjorie Savage

**From the Publisher:** Parents whose kids are away at college have a tough tightrope to walk; they naturally want to stay connected to their children, yet they also need to let go. What's more, kids often send mixed messages; they crave space, but they rely on their parents' advice and assistance. Not surprisingly, it's hard to know when it's appropriate to get involved in your child's life and when it's better to back off. *You're On Your Own (But I'm Here If You Need Me)* helps parents identify the boundaries between necessary involvement and respect for their child's independence. Marjorie Savage, who as a parent herself empathizes with moms and dads, but who as a student services professional understands kids, offers advice on wide-ranging issues, including:

- How to cope with your family's mood changes in the months before move-in day
- Why students complain about the food but still manage to gain fifteen pounds
- How to teach basic financial responsibility, including credit cards and academic expenses
- When parental intervention is critical

### **When Your Kid Goes to College: A Parents' Survival Guide (1999)** (HarperCollins Publishers); written by Carol Barkin

**From the Publisher:** Saying goodbye isn't the end of the world; it's the beginning of an exciting new one for your child - and you! One parent commented, "During the summer before he went to college, he was obnoxious." He said, "There's a reason I'm acting this way. It will make it easier for you to have me leave." "When she was packing to leave, she was completely preoccupied with how many sheets and towels to take." I was thinking, "My kid is leaving home forever, and life is taken up with minutiae." It's an emotional roller coaster, a combination of missing him and feeling happy and excited for him. *New Beginnings:* You've taught them how to do their laundry, brought them a year's supply of toothpaste and shampoo, and lectured them on the dos and don'ts of life beyond your home. The time has come for your child to leave for college, but are YOU prepared to say goodbye? Written by a mother who survived the perils of packing her own child off to school, *When Your Kid Goes to College* provides supportive, reassuring, and helpful tips for handling this inevitable but difficult separation. Comprehensive and accessible, this practical guide includes info on:

- Teaching your child how to live on his own; dealing with checkbooks & roommates.
- The difference between financial and emotional dependence-and how to keep them separate.
- Helping your spouse, younger children, and even pets deal with the transition when your child leaves-and when she returns.
- How to fill-and even enjoy-the hole that your child's absence leaves.