

Resources for Parents and Caregivers of Seniors

Articles

[33 Life Skills Your Teen Needs in Order to “Adult” Properly](#)

[How to Give a Strong-Willed Teenager More Independence and Keep Your Cool](#) - Parents.

[How to Help Your Teenager Navigate Change](#) - Ambre

[How Parents Can Support Teenagers in the Pandemic College Process](#) - The New York Times

[Four Ways to Help your College Student Grow Up](#) - The New York Times

[Separation Fears in the College Bound Adolescent](#) - The Journal of Infant, Child and Adolescent Psychotherapy

[5 Must-Read Blogs for Parents of College Kids](#) - Nitro

[5 Ways to Cope with Empty Nest Syndrome](#) - very well family

[10 Ways to Help College Students Become Independent Adults](#) - Grown and Flown

Books

[Grown and Flown](#) - How to Support your Teen, Stay Close as Family, and Raise Independent Adults

[The Launching Years](#) - Strategies for Parenting from Senior Year to College Life

[Sex, Teens and Everything in Between](#) - Shafia Zaloom

[When Your Kid Goes to College](#) - A Parent's Survival Guide

[Sexual Citizens: A Landmark Study of Sex, Power and Assault on Campus](#)

Podcasts

[Ask Lisa](#): *The Psychology of Parenting* - Dr. Lisa Damour

[Grown and Flown Episode](#): Lisa Heffernan and Mary Dell Harrington (Hosted by podcast Mom's Don't Have Time to Read Books)

[Parenting Teens](#): The Biggest Job We'll Ever Have Podcast

[Talking to Teens](#)

Websites

[Grown and Flown](#)

[Lisa Damour](#)

[Nitro](#)