



THE EMPTY NEST TRANSITION GUIDE

No matter how much we plan, watching our kids leave home is an emotional rollercoaster—pride, excitement, and let's be honest, a little panic. This transition isn't just about them stepping into their next chapter; *it's about you stepping into yours.*

This checklist helps you prepare by setting clear expectations and finding the right balance between staying connected and giving them space. Because **parenting doesn't end when they move out—it just evolves.**

Let's make sure you're ready for the ride.

CHECK list

BEFORE THEY LEAVE

✓ Talk about expectations for communication.
(Texts, calls, FaceTime, etc.)

✓ Ask how often they'd like to check in and share your own hopes - find a balance that works for both of you.

REASSURE THEM WITHOUT PRESSURE.

✓ Let them know they don't have to "report in," but that you'd love to hear from them.

✓ Acknowledge that schedules will be busy but encourage occasional updates on big or small moments.





GIVE THEM SPACE TO SETTLE!

PREPARE FOR CHANGING COMMUNICATION STYLES



Understand that their availability may shift—some weeks they'll talk more, others less.



Set a plan for handling urgent matters—agree on when a call or text is truly important.



Respect Their Growing Independence

Avoid showing up unannounced if they live nearby—plan visits in advance.



Encourage Without Overloading

Send messages of support instead of constant questions. "Thinking of you! Hope you're having a great day!" feels better than "Did you eat today?"



Remind Them They Always Have a Home With You



Find joy in this new phase of life.

Keep busy with hobbies, friendships, and career goals.

Your nest may be empty but life can be full.

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