

100 Practical Ideas for Parents After the Kids Move Out or Go Off to College

If you're a parent, the day your child moves out or goes off to college is a bittersweet one. On the one hand, you're proud of them for taking this big step into adulthood. On the other hand, you can't help but feel a little empty nest syndrome.

If you're feeling lost or alone after your kids leave home, don't worry, you're not alone. Millions of parents go through this transition every year. The good news is that there are plenty of things you can do to cope with this change and make the most of this new chapter in your life.



Healing the Empty Nester's Grieving Heart: 100 Practical Ideas for Parents After the Kids Move Out, Go Off to College, or Start Taking Flight (Healing Your Grieving Heart series) by Blake Dresden

★★★★☆ 4.3 out of 5

Language	: English
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Enhanced typesetting	: Enabled
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Lending	: Enabled



One of the best things you can do is to stay connected with your children. Make sure to call, text, or video chat with them regularly. You can also visit them when you can. If you live far away, you can still stay close by keeping up with their social media accounts and sending them care packages.

Another important thing to do is to find new ways to occupy your time. If you're retired, you may have more free time than you're used to. This is a great time to pursue hobbies, volunteer, or travel. If you're still working, you could take on new challenges or responsibilities.

It's also important to take care of your own physical and mental health. Make sure to eat healthy foods, get regular exercise, and get enough sleep. You should also see your doctor for regular checkups.

If you're struggling to cope with your empty nest, don't be afraid to seek professional help. A therapist can help you work through your emotions and develop coping mechanisms.

Remember, you're not alone. Millions of parents go through this transition every year. With a little planning and effort, you can make the most of this new chapter in your life.

100 Practical Ideas for Parents After the Kids Move Out or Go Off to College

1. Stay connected with your children.
2. Find new ways to occupy your time.
3. Take care of your own physical and mental health.
4. Seek professional help if you're struggling to cope.

5. Remember, you're not alone.
6. Volunteer your time.
7. Take a class.
8. Start a new hobby.
9. Travel.
10. Spend time with friends and family.
11. Get a pet.
12. Start a blog.
13. Write a book.
14. Start a business.
15. Go back to school.
16. Change careers.
17. Retire.
18. Move to a new home.
19. Downsize your home.
20. Remodel your home.
21. Host a party.
22. Go on a vacation.
23. Take a road trip.
24. Go camping.

25. Go fishing.
26. Go hiking.
27. Go biking.
28. Go swimming.
29. Go kayaking.
30. Go sailing.
31. Go skiing.
32. Go snowboarding.
33. Go sledding.
34. Go ice skating.
35. Go roller skating.
36. Go bowling.
37. Go to the movies.
38. Go to the theater.
39. Go to a concert.
40. Go to a sporting event.
41. Go to a museum.
42. Go to a zoo.
43. Go to an aquarium.
44. Go to a botanical garden.

45. Go to a library.
46. Go to a park.
47. Go to the beach.
48. Go to the mountains.
49. Go to the desert.
50. Go to the rainforest.
51. Go to the Arctic.
52. Go to the Antarctic.
53. Go to space.
54. Do whatever you want!



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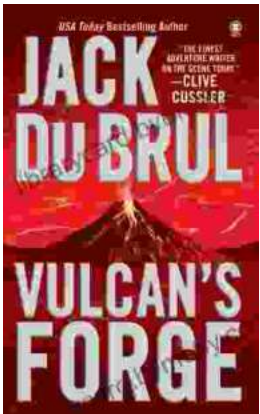
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