

# Two Women Chatting Guides

## Empty Nest 101 - Before They Go

Two Women Chatting and [Jane Plan](#) recognise this is a time of mixed emotions as your children leave home but we offer our support to help you embrace your new chapter.



### Communication

Setting a fair expectation of how frequently you communicate is important. They will be busy, exploring their new independence, making friends. Consider a platform that you can all work with. Create a family WhatsApp or Snapchat group. Using an app like [Life360](#) can reassure you they've made it back to their halls.

Add an 'emergency bypass' to their contact info so you'll get their call even if 'do not disturb' is on your phone at night.



### Finance/Allowance

Help them plan a weekly/monthly/termly budget. It's very easy for them to spend a lot in fresher week without them realising. Be clear on how much you can help them financially and if you expect them to get a part-time job.

Useful websites for finance are [Save the Student](#) and [Money Saving Expert](#).



### Health

- Make sure all their vaccines are up to date and they have had the [meningitis](#) ACWY and B jab
- Cooking & diet: They may not eat that well so suggest they take a vitamin tablet, invest in a simple cookery book or even a cookery course.
- Alcohol: Most students will drink so they need to understand that it reduces their inhibitions and safety.
- A dental check recommended before they leave
- Consider a power of attorney (see later in guide).



### Safety and Security

[Drink spiking](#) & date rape drugs are on the rise for all genders. Make sure they know you are there to be contacted day or night and to tell their friends if they feel unwell.

Apps like [Life360](#), [FindMy](#) and [Snapchat](#) allow friends to discover their location

[Cyber security](#)- there are free courses to learn ways to reduce the risk of being targeted.



*There are some essential preparation and chats we recommend you have with your 'kids' before they leave the nest. Perhaps crucially remember they are adults now - like it or not they need some independence. There are lots of resources and articles in our 'midlife library' at [www.twowomenchatting.com](http://www.twowomenchatting.com)*

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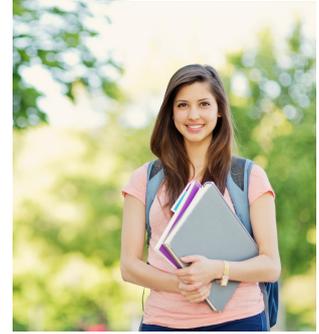
## Empty Nest 101 - Before They Go



### Our Podcast

Your teen may well be a sensible young adult but away from home they are exposed to a whole new world with people from different backgrounds and principles. What's acceptable in one society may not be in another.

Lending money, looking out for each other, relationships, racial and religious tolerance are just some of the subjects they will navigate. We have two special episodes on becoming an Empty Nester. Click here to listen to [Before They Go](#) and [After They Leave](#).



### Sexual Consent & Contraception

A discussion of the importance of contraception and sexual consent isn't an easy conversation but so important to have.

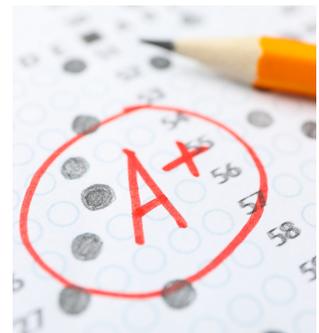
Remind them NO always means NO.

[Sextortion](#) is much more common than we realise. It affects all genders and is widespread. Many young men have been driven to suicide having been targeted by gangs. Listen to our podcast on this topic [here](#).



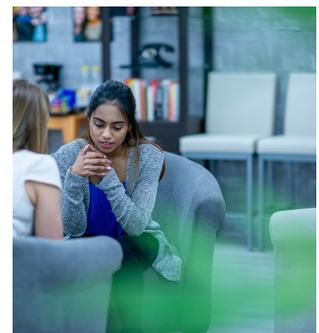
### Sharing Grades

Most universities communicate only with the students regarding their academic studies and grades. Even if you are paying tuition fees, so discuss this with them before they leave that you would rather know if they are struggling than be asked to leave university due to poor grades. The student needs to grant you access (but they don't have to).



### Mental Health

It is possible that your child or their friends, will encounter a mental health issue while in college. Parents need to talk with their children about mental health and let them know that if they find themselves struggling, they are not alone. Being away from home can be lonely so tell them its perfectly normal to feel low sometimes but to call anytime if they want to chat. Ensure they understand what parochial care/therapy is available if they would rather speak to a 3rd party. More information [here](#).



### Power of Attorney

No one wants to think of 'worst case scenarios' but bear in mind universities will contact the person whose name was given at time of registration so ask your student who they have put as their 'trusted contact' otherwise you have no access to anything relating to your child. Consider setting up a medical power of attorney. Click [here](#) for NHS information.



An empty nest is a great time to start looking after YOU. If you're considering a healthy change, you can use our unique code TWC50 for £50 off a new Jane Plan subscription.

Go to our [website](#) or to [www.janeplan.com](http://www.janeplan.com) for more information.