

HOW TO...

Be an empty nester

You can still keep in touch when your children leave home. But make sure you do it the right way

- **Don't expect** to talk on the phone every day.
- **Take your lead** from your child — some like short chats once a week, others prefer longer monthly conversations. And some prefer to text.
- **They never call you back?** Look on the bright side — they must be having a good time, but it doesn't mean they don't think about you.
- **Find out** when is the best time to catch them, and consider setting a regular time to speak.
- **If they ring** out of the blue, stop what you're doing and listen. They will learn from your example — if you take time out to talk, they will too.
- **Ask if** you can have the number of a friend for emergencies. And don't abuse the privilege.
- **If they only ring** when they want something, be positive. See it as an excuse to talk about other things too.
- **Keep visits** short and sweet, never turn up unannounced — and don't tidy up or clean their room.
- **Let them decide** what to do and where to go when you see them.



● **The Empty Nest: How to Survive and Stay Close**



to Your Adult Child,
by Celia
Dodd
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CELIA DODD

*The
Empty
Nest*