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Resources for Parents

The Stressed Years of Their Lives by B. Janet Hibbs and Anthony Rostain

The iConnected Parent: Staying Close to Your Kids in College (and Beyond) While Letting Them Grow Up by Barbara K. Hofer & Abigail Sullivan Moore

**The Naked Roommate: For Parents Only* by Harlan Cohen

They're Ready. Are You? by Liz Yokubison

You're On Your Own (But I'm Here if You Need Me) by Marjorie Savage

Letting Go: A Parents' Guide to Understanding the College Years by Karen Levine Coburn

Grown and Flown by Lisa Heffernan and Mary Dell Harrington

Corresponding website with articles for parents of teens and young adults written by various contributors: www.grownandflown.com

A Parent Handbook for Talking with College Students About Alcohol by Robert Turrisi
<https://studentlife.northeastern.edu/open/wp-content/uploads/sites/11/2018/10/A-Parent-Handbook-For-Talking-With-College-Students-About-Alcohol.pdf>

Partnership for Drug-Free Kids: Marijuana Talk Kit Now
<https://drugfree.org/article/how-to-talk-about-marijuana/>

Packing Lists: (There are a ton out there but here are three to get you started)

College Board:
<https://bigfuture.collegeboard.org/get-in/making-a-decision/off-to-college-checklist>

Bed Bath and Beyond:
https://b3h2.scene7.com/is/content/BedBathandBeyond/FEO/College/College%202020/College%20ready/BTC%20Dorm%20Checklist_Web_US.pdf?icid=l1_clp_mm_mm1_im_dorm_11255

The Ultimate College Packing Checklist:
<https://blog.unpakt.com/ultimate-college-packing-checklist/>

*student version also available