

10 Ways to Nurture a Positive Parent-Child Relationship During the Transition to College

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1. **Create a Safe Space:** Encourage open and non-judgmental communication. Make your child feel safe expressing themselves.
2. **Practice Empathetic Listening:** Actively listen when your child talks, ask open-ended questions, and show genuine interest in their thoughts and feelings.
3. **Allow Freedom with Responsibility:** Demonstrate trust by granting age-appropriate independence. Emphasize the importance of mutual trust.
4. **Collaboratively Discuss Expectations:** Sit down with your child and openly discuss reasonable expectations. Collaboration encourages understanding.
5. **Encourage Two-Way Discussions:** Be open to negotiating aspects like curfew and responsibilities, respecting their growing autonomy.
6. **Encourage Responsibility:** When mistakes happen, focus on learning and taking responsibility, using discipline as a means for growth.
7. **Demonstrating Respectful Behavior:** Model respectful and responsible behavior to set the tone for mutual respect within the household.
8. **Encourage Decision-Making:** Support your child's choices and guide them in making responsible decisions, allowing them to learn from their experiences.
9. **Recognize Milestones:** Celebrate academic, personal, and extracurricular achievements to reinforce positive behavior and encourage open communication.
10. **Uphold Boundaries:** Respect their personal space and privacy, maintaining trust and open communication.

You can use these methods to build a good and supportive connection with your child as they move from high school to college. Being patient, talking openly, and showing mutual respect are crucial for laying a strong foundation as they become young adults. We hope this handout provides some helpful insights, for help visit www.growingstagestherapy.com