

College Kids Coming Home for the Summer?

Having a child come home for the summer can lead to conflict and undue stress on the parent or parents. Your child has been living in an unsupervised environment and whether we like to admit it or not, they have changed. Coming home to the same rules and parenting styles as before can be a challenge. Here Dr. Gail Saltz, a psychiatrist with the New York Presbyterian Hospital offers some advice on how to adapt to living with a child home from college.

- **Negotiate conflicts early**—things like curfews, using the car, money, and household chores need to be negotiated. Decide what you're willing to settle for on each.
- **Be flexible**—You shouldn't force the old rules on them. They will resent it and may not want to come back home.
- **Encourage an adult-to-adult relationship**—If you come off as an authoritative parent, you will push your child away. Listen to their ideas and opinions and discuss various issues with them.
- **Accept them**—Your child is trying different personas. Accept them for who they are now—adults.
- **Show them you want them home**—Be happy. Show them you are glad they're home. Let them spend time with new and old friends, but let them know you'd like some quality time too.

Adapted from the Article "When college kids come home for the summer," by Dr. Gail Saltz

"Human beings are the only creatures on Earth that allow their children to come back home."

- Bill Cosby



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Fun, Family Summer Activities

Here are some free summer activities that all take place in WI!

- 1: **Rock Aqua Jays**, Janesville: 17-time national water skiing champs, the Rock Aqua Jays perform elaborate shows at Traxler Park on the Rock River. Wednesday and Sunday 7pm, Memorial Day through Labor Day.
- 2: **North Beach**, Racine: This 50-acre stretch on Lake Michigan boasts volleyball courts, live music, a snack bar, and a Kids Cove Playground.
- 3: **Sandhill State Wildlife Area**, Babcock: Drive the 14-mile Trumpeter Trail, and stop to climb the three observation towers. Will you spot the American bison herd, or a bald eagle? Open April through October – phone 715-884-2437 for dates
www.travelwisconsin.com



Debunking Myths about Stress

According to the *American Psychological Association*, there are six myths regarding stress. They are as follows:

- 1: **Stress affects everybody the same.**
 - *Everybody responds to stress differently. What may be stressful to one person, may not be for another.*
- 2: **All stress is bad.**
 - *The notion that all stress is bad, is simply not true. Learning how to manage stress is the key. Managing your stress can make you more productive and happier in life.*
- 3: **Stress is all around you, and there is nothing you can do about it.**
 - *Work on simple problems first. Once those problems are solved you can move on to more complex issues. Prioritizing allows you to reduce your stress and manage it in healthy ways.*
- 4: **The most popular ways to reduce stress are the best ways.**
 - *As everyone is different, so are the ways to handle stress. Only a program tailored to you will help in reducing and managing stress.*
- 5: **No symptoms, no stress**
 - *Simply not true. Denying or hiding symptoms with medications can weaken your mind and body from the effects of long-term stress.*
- 6: **Only major symptoms of stress require attention.**
 - *Minor symptoms such as headaches or stomach issues should not be ignored. These symptoms are the early warning signs that your stress is getting out of hand.*

Adapted from "The Stress Solution" by Lyle H. Miller, PhD, and Alma Dell Smith,