

- **Rose Hill Campus**
9 March 2010
6:30 p.m.
- **Lincoln Center Campus**
10 March 2010
6:30 p.m.
- **Westchester Campus**
11 March 2010
6:30 pm.

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myeducation



► Empty nest syndrome? Here's how to get through it.

When kids have flown the coop

► Expert on dealing with the transition to an empty nest when your kids start college ► Hint: It's not the best idea to remodel their rooms as soon as they leave

As founder of Empty Nest Support Services, a small for-profit company based in Los Angeles, Natalie Caine counsels families through the college transition almost every day. While she is adamant that every family's situation must be handled differently, she says there are a few basic things all parents and children can do to make for greater personal development and a smoother change.

How long should parents wait before they alter their child's room?
I always suggest to parents, please wait a year before you turn it into a craft room, a guest room or a spa or something ... for kids, home is their safe haven, and why should you cut them from the shore too soon?
But then there are the parents

The blog:

► Natalie Caine's blog can be found at the Empty Nest Support Services Web site: www.emptynestsupport.com

who keep the room as a shrine.

Yeah, that wouldn't be me personally. And for most of the people I know, at some point the soccer trophies are gone. But I've had parents say to me, "I can't even open the door, I'm so sad." And I go, "Well, then don't. It's OK. If you need to keep the room intact for awhile, you should."

How often should a child call home?

I don't think you can set a rule. A lot has been written that goes something like, "Pick a specific time with your child that they agree to call you." But re-

member when you were in college? Something can come up. You don't want to be tied to texting or a phone call. You have to trust your kid.

But what about kids who find it hard to ask for help?

Yes, that's so common. You also have to tell your kids repeatedly that it's OK if they need help. There are kids that are living on Ramen and don't have quarters for laundry, and feel ashamed to call home for help — like that would be failing in their parents' eyes. That's why you can't tell your kids enough, "No matter what happens, I don't want you hungry, in jail or on the street without calling me." In the car is a good time. They can't go anywhere.

 **BRUCE WALSH**
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People who eat high fiber, nutrient-rich foods such as fruits, vegetables and low-fat dairy products, eat less and have a healthier body mass, says professor Ashima K. Kant.

"The foods which Americans are consuming are far more energy dense, and that tracks with our increasing body weight," says Kant. She also found that people who eat breakfast have a healthier body weight. "It's the energy density of solids which drives how much

21st-century pioneers

► Professor Ashima K. Kant, Queens College: She studies the dietary causes of chronic illnesses, like heart disease and cancer.



we eat. When people eat higher energy density foods, [bagel with cream cheese], they tend to eat more."

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