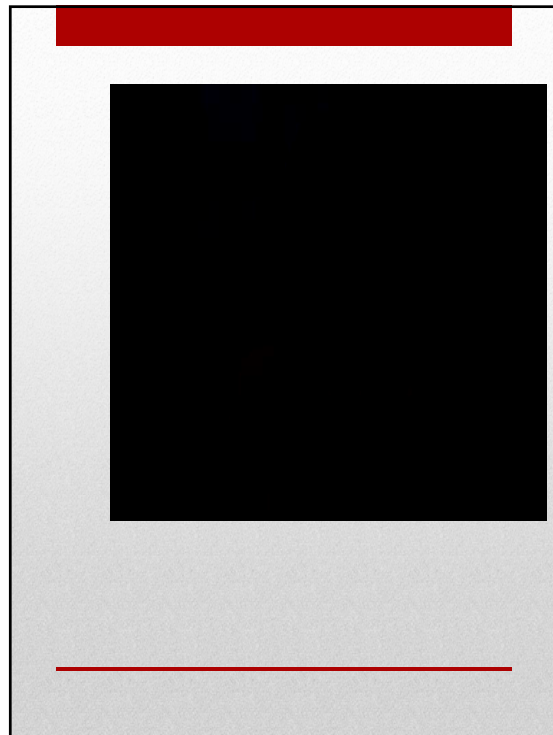


Turbo Charged Parents and How They Affect Your Health Services

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- Sprang from the mid 90's era
- Push to provide youngsters amongst educated working professionals every opportunity to succeed from homework tutors to camps
- Millennial Generation

Turbo Charged Parenting

- Distinct from their parents of the baby boom generation, and their immediate predecessors, Generation X
- Children born after 1982
- Millennial's grew up in era that placed high value on children, always hovering, ultra protective, unwilling to let go, and enlisting a team....(coaches tutors, physicians, etc.) to assert a variety of special needs and interests
- Fierce advocates for children

Where it all started

- Colleges noticed a change in the behavior of parents with Millennial Generation offspring
- Parents were investing more time in their children
- The world seems less safe which led to increase in parental anxiety. (Columbine, Virginia Tech, 9/11)
- Constant communication (cellphone, internet, Facebook, Skype, etc.)

Parental Motivation

- Change in family dynamics
- Fewer children = investing more time in each one
- Best and brightest at what they showed interest in
- 1990's spending more quality time with their children

Motivation Continued

- Prior to 1995, college educated moms averaged 12 hours a week with their children
- 11 hours per week less educated moms
- By 2007, college educated moms soared to 21 hours and less educated to 16 hours
- Dads college educated 5-10 hours
- Less educated 4 to 8 hours

Motivation

- Helicopter parenting
- Lawnmower parenting
- Turbo charged
- Micro managers
- Boomlets
- Cosseting
- Trophy kids
- Generation Y
- Snow plow

Turbo Charged Parenting

- Beginning of empty nest period is a traumatic experience for some parents and is what often triggers this behavior
- Overly attentive
- Competitive
- Quick to jump to child's rescue

Turbo Charged Parenting

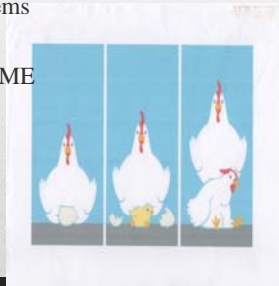
- 18 no longer represents emancipation in any real sense
- Parents of the 21st century provide more financial support than 20th century
- Road to adulthood gets longer and longer
- Developmental disadvantage
- College tuition cost \$\$\$ protect their investments

Turbo Charged

- Technology
- Cell phone/world's longest umbilical cord
Continuous cord from home to campus
- Cellphone and internet have changed how parents and students communicate
- Parents are now in constant contact with children/colleges at any given moment

Parental Motivation

- Some studies have shown that children whose parents intervene inappropriately:
 - Offering advice
 - Removing obstacles
 - Solving problems
- BAD OUTCOME



Parental Motivation

- Arthur Chickering (7 Vectors of Development)
- Goddard College researcher from 1959-1969
- Work revisited (L. Reisser) in 1990's

Understanding College Aged Students

- Moving through autonomy to independence/interdependence (first time away from home, may engage in risky behaviors)
- Managing emotions (homesick, little fish in a big sea)
- Developing and clarifying purpose (starting to realize why they are at college)
- Developing mature interpersonal relationships (roommates, may be a first girl/boyfriend, advisor, professors)
- Developing competence (students may compare their personal and academic goals against peers)
- Developing integrity (may join clubs or groups that align with these beliefs, become student activists)
- Establishing self-identity (student may experiment sexually)

7 Developmental Phases of Traditional Age College Students

- Feeling a void
- Having feelings of emptiness because of the sudden separation
- Feel unprepared or uncomfortable without their roles as primary caretaker and protector
- Feeling left out because they are less privy to every aspect of their child's life; they no longer know the details of their son's or daughter's whereabouts and are not able to pass judgment on their relationships
- Feelings of loss of control

**So how are the
parents handling
~~this transition?~~**

- Promote self advocacy
- Encourage your student to set and meet personal goals
- Allow your student to accept the consequences of their actions and responsibility for their mistakes
- Help him/her examine disappointments and unexpected experiences in order to assess what caused them, and how to avoid them in the future

Parents can help

- Email
- Cell phone calls
- Texting
- Face time
- Instagram
- Snap chat
- Facebook
- My space
- Twitter
- Skype
- Chat rooms

-and the list goes on

What do we mean by "The Electronic Tether":

The Middlebury Study

According to a study conducted by Middlebury College student, Elena Kennedy and faculty member, Barbara Hofer, there is indeed an "electronic tether" between parents and their college age students

Year	Weekly contact	Parent/student initiated
First-years	13.4	7.1/6.3
Sophs	13.2	7.0/6.2
Juniors	14.1	7.3/6.8
Seniors	13.0	7.0/6.0

- Release of medical information (e.g. blanket releases, a discussion unto itself)
 - Immunizations/Questions regarding forms
 - Billing questions (lab, x-ray, pharmacy, insurance fees, health service fees)
 - Wellness questions
 - Questions regarding treatment
 - Transportation questions
- Types of parental calls to Health Services**

- Tailor response to the question (don't open that proverbial "can of worms")
- Be respectful of patient and parent in what you share (release only what has been authorized)
- Retain perspective and distance, do not let a parent's agitation agitate you (stay calm and carry on)
- Show empathy for the parent's concern, but resist becoming an ally of the parent since student may read that as collusion against him or her
- Attempt to enlist parent in support of student's best interests
- Validate parents concerns while at the same time exuding confidence

Parent Strategies

- Sharing basic facts, diagnosis based on facts you have
- Encourage parents to let child advocate on their own behalf
- Offer input from the provider, if applicable
- Offer resources parent may consult ("educate, educate, educate")
- Negotiate an alternate approach that still serves the sound

Parent strategies continued

- Give them some concrete suggestions whereby they can help, without being intrusive
- Ultimate goal as parent is constructive supporter, not micromanager
- Validate parents concerns
- Cope in a way that preserves your dignity as a health care provider

Parents Want to Help...

- Remind mom and dad you know that they have taught you a lot over the years and now it is time for you to put the knowledge into action by making your own choices
- Your parents have your best interest at heart and that it is natural having trouble letting go
- Come up with an agreed “communication plan”(e.g. call every other day, 3 times/week, etc)

Strategies for students

- Freshman/parent orientation
- Parent blog
- Literature sent home prior to arrival to campus
- Consent on case by case basis (verbal or written)
- On line FAQ's for parents



What does Brown do..

- Nursing at Brown
- Administrator at Brown
- Audience

Sharing stories

