

HARLAN COHEN'S

5 Simple Rules for Parents

1. GET COMFORTABLE WITH THE UNCOMFORTABLE

Both you and your child will get uncomfortable. Fighting it only creates more stress. Facing it allows you to guide, support and help your child (and yourself).

2. DON'T PANIC! THINK PEOPLE, PLACES AND PATIENCE

Who are your 5 people? Where are your 3 places? How long will it take for expectations to meet reality? You and your child need people, places, and patience.

3. THEIR STRUGGLES BELONG TO THEM, THEIR VICTORIES BELONG TO YOU.

Give your child space and time to struggle. Let them practice. Better to have them struggle down the hall than across the country. (Oh, and their victories belong to them too!)

4. APPLY THE 24 HOUR RULE.

When they text, call, or ask for help, give them 24 hours. Either the problem will still be there 24 hours later, or they will have solved the problem.

5. ASK: WHAT DO YOU THINK YOU SHOULD DO?

After you ask the question, give them 24 hours to answer it. Let them struggle. Direct them to people and places. Be patient. Allow them to get comfortable with the uncomfortable.



HARLAN COHEN

Harlan Cohen is a *New York Times* bestselling author and journalist who has visited over 500 high school and college campuses. He is the author of 7 books. His titles have over 1 million copies in print (titles include: *Win or Learn: The Naked Truth About Turning Every Rejection into Your Ultimate Success*, *The Naked Roommate: And 107 Other Issues You Might Run into In College*, *The Naked Roommate: For Parents Only*, and *Dad's Expecting Too!*). Harlan is a frequent guest on television and radio programs, hosts The Harlan Cohen Podcast, and has popular social media accounts. Follow him on Instagram @harlancohen and on TikTok @helpmeharlan. Harlan is based in Chicago, Illinois where he lives with his wife and three children. For more info visit HarlanCohen.com.

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