

Lost at the End of the Trail



Your homeschool adventure may have been rocky, it may have been fun. Perhaps it's been challenging and tedious - or all of the above! But now you've reached the long anticipated goal of high school graduation. Swirling emotions can be expected. Whether your graduate is college bound or not, the end of high school marks a time of transition in your relationship with your son or daughter. Some parents feel more than ready to move on, but if you're reading this, perhaps you are feeling sad, unsure and wondering "what's next?"



If you are feeling a little bewildered at the end of the homeschool trail, see if these suggestions might help you move into new territory.

Feeling or concern

What you can do

Feeling regret: what you didn't do or didn't get done, mistakes, bad days.

Life consists of lots of moving parts, and we don't always do things the best way. The negatives can seem highlighted at times like this, but instead, try to be proactive. If there are things you wish you had done, can you still do them or a version of them? If you feel sad about mistakes and bad days, it might help to talk to your son or daughter about it, explain yourself or ask forgiveness. And if you can't face talking about it in person, write a letter.

Feeling my child is unprepared: for higher education, for life.

Is this a vague feeling or can you think of actual ways he/she seems unprepared? What you're feeling could be emotional second-guessing as you see everything coming to a close. But maybe there are specific nonacademic areas of concern. If so, make a list! Then figure out what you can do now to help fill in those gaps. If you are concerned about your child's educational preparedness, again, make a list and see what can be done about it. Chances are, however, if your child has completed your course of study - even if not perfectly - he or she is probably more prepared than you think.

Feeling unprepared myself: emotionally not ready to move on or take on a new role in life, unsure what to do, what steps to take. Afraid of what life will be like without my son/daughter at home.

Change is often very difficult. If your young person has left home, it can be hard to carry on with such an obvious gap in your life. Allow yourself time to grieve: this new absence of your son or daughter is a loss and it takes a while to move through the feelings. You may find it helpful to stay connected by writing letters, sending care packages and otherwise keeping in touch (without going overboard). Keep in mind that your son or daughter is only an email away AND still needs you! Needs may change and may be communicated differently, but your support and steady place in their life is just as valuable as ever. There's only one you. ☺

Be sure to also see the notes on the "Lost at the End of the Trail" page of my website!