

Empty Resters

The Empty Resters Guide to helping your kids move out for the first time.

You're packed and ready to go – the kids are **finally** flying the nest. It's an exciting time filled with mixed emotions, and a long list of things to do. Check out our **Empty Resters Guide** in partnership with Tracey Lea Sayer for tips on how to make the next step stress-free for you and the kids.



Premier Inn 
Rest easy



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Sending Frankie off to university was definitely an emotional journey. The empty nest seemed very, very quiet to start with.

Now, our relationship has evolved in to a more grown-up friendship and it is lovely to see her thriving, gaining confidence and enjoying her new-found independence."

– Tracey Lea Sayer, Content Creator and Parent

In the weeks before you go:

- Teach them a few key life skills – how to use a washing machine, how to change a bed, how to plan a food shop and cook at least a few nutritious dishes...
- If you can, invest in some comforting home items – good quality bedding or a nice throw can make all the difference to a sparse student room.
- Enjoy some quality time together before the big move – it's a big change for everyone!

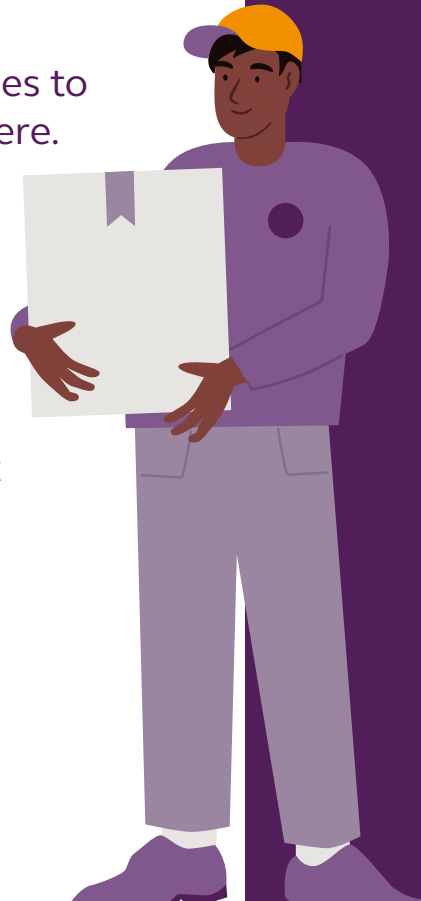
Time to pack!

- Limited luggage space? It might be easier to buy certain things when you arrive - make a list of essentials and non-essentials.
- Living in Southampton but you're moving your child to Edinburgh? Work out if you need an overnight stay and book your accommodation early.
- Going by car? Make sure you do all your essential maintenance checks such as tyre pressure and oil levels a couple of days before you leave.
- Make sure you know about parking arrangements at the other end.
- Put your child at ease – this is a big life change.



When you arrive:

- Be guided by your child on how much help they need with unpacking – how do they want their space to look?
- Arrange for any online deliveries to arrive the day after you get there.
- Know when to leave – meeting their university flatmates or neighbours is a big step.
- Try not to get too emotional when saying goodbye – keep it light, breezy and optimistic.



When it's time for you to leave:

- Once you've left, it's okay to let those emotions show – it's a big step for you, too.
- Plan a treat for yourself – even if it's just a well-deserved bath when you get home, or a meal out.
- Avoid checking in too much in the first 24 to 48 hours - allow some space for your child to settle.
- If you're staying close by, maybe book a breakfast – they might want to join you and tell you all about their first night!



... and when they're settled in

- Plan a visit! Beat the empty nester syndrome with a staycation in their new area once time has passed - find your nearest Premier Inn at [premierinn.com](https://www.premierinn.com).
- If visiting isn't an option, send them a small treat - a parcel of home comforts will always be well received.
- Book some well-earned trips where the only person you have to look after is yourself. It could be an activity you've always wanted to try, or a place you've always wanted to visit. Do something for you!
- Plan a homecoming! Whether it's for an occasion such as Christmas or just a big family meal, get something booked in that you can all look forward to.
- Stay in touch with a family group chat - it's a simple way of checking in and sharing little updates without feeling too intrusive.

