

Product Description

Although we don't currently have a formal plan in place yet, the research would indicate the need for a way for empty nesters to connect to other empty nesters through fun events and hobbies. As technology, especially smartphones, seems to take a more front and center role in empty nester's lives, research would seem to indicate that a smartphone application may be the best avenue to fill this need.

Insights

Primary Insights

1. Parents who were heavily involved in their children's lives when they were at home may face the loss of their identity when their children leave the home.
2. Finding friendships can be difficult for empty nester's which may have relied on their children as an avenue to connect to other parents as a source of friends.
3. Some parents may have a harder time coping with the change compared to their children because their children have already been going through drastic changes in the past few years of their lives as compared to parents whose lives have remained relatively stable up to that point.

Secondary Insights

1. Empty nesters might have less responsibilities and less of a set schedule, which leads to more free time.
2. Some empty nesters have gotten used to always being around people and might have trouble enjoying time alone like they used to.
3. The impact of a children leaving the home is highly dependent on the parent's role before the children left the home.
4. Parents may tend to be more worried about their children being ok with them being gone then the other way around, but children are also concerned about their parent's wellbeing.
5. A parent's relationship with their significant other can remain relatively the same when children leave the home.
6. Parents may already have an idea of the types of activities or hobbies they would like to try once their children leave the home even before their children leave the home.
7. Although parents may want their children to be independent, they still want to be able to communicate with them, and because children may be more likely to communicate via text messaging, empty nesters are more willing to adapt to technologies which are new to them such as texting.

Interview Questions

1. How many children do you have?
2. How old are they?
3. How long has it been since you were “empty nested”?
4. What is your relationship status?
5. What is your occupation?
6. What is your community like? What groups do you interact with?
7. What have you noticed is the biggest difference in your life since this change?
 - a. What are the benefits?
 - b. What are the downsides?
8. How have you had to adjust your lifestyle since this change?
9. How has your daily routine changed?
 - a. What did your routine used to look like?
 - b. What does it look like now?
10. Do you find that you have more free time?
 - a. If so, what do you do with it?
11. What is the most challenging part of this life change?
 - a. What do you miss?
 - b. What is hard?
12. What is the most exciting part of this life change?
 - a. Has anything surprised you?
13. How does your partner feel about the change?
14. Has your relationship changed with your partner? If so, how?
15. Has your relationship with your friends change? If so how?
16. What were your hobbies and interests before having kids?
17. How have your hobbies and interests changed before and after having kids?
18. What would you like to do or try in the near future?
19. How has the way you interact with your child(ren) changed since they left the house?
20. If there anything that you used to do with your child(ren) before they left which you no longer do?
 - a. If so, what?

Question Responses

1. How many children do you have?

Four. I guess I did take in one from another child from Korea all the way from freshman year up to a week ago.
2. How old are they?

I think they are eighteen, twenty, twenty-one, and twenty-four.
3. How long has it been since you were “empty nested”?

Well the one from Korea was just about a week ago, my youngest daughter I just dropped her off at UW, she's a freshman, so I don't know I dropped her off less than a month ago.

4. What is your relationship status?

I am married.

5. What is your occupation?

We own a construction company.

6. What is your community like? What groups do you interact with?

None. Not since the kids left, I used to be very active in the school. I was always involved in graduation parties. We would plan graduation parties and we would meet like every other week for like a year before up to graduation and I did that since my youngest was a juror, so I was pretty busy.

7. What have you noticed is the biggest difference in your life since this change?

a. What are the benefits?

b. What are the downsides?

Umm, not running around to the kid's items and umm and not being known as someone's mom, that's the big thing, your identity is tied to the children a lot. You are known as so and so mom. The next year after they graduate you volunteer for a fundraiser you are known as someone's mom, but now it's like trying to find your own identity back.

Umm yeah, like right now I am here at work and before I would stay at home trying to get things done but now I don't have to come home to cook if I don't want to. All I have to do is feed the dog, so if I feel like stopping off I can more so then I did before.

Occasionally I would do that before and call home and say have left overs, but not having to cook is really nice. And then now not worrying when you lock the door really early in the morning when you at 4 to go to work, you don't have to worry as much.

8. How have you had to adjust your lifestyle since this change?

Trying to find more friendships because it is kind of like when you guys went off to school the first time and your parents would say go off and meet people you know during Dawg Days and something like that, and not I have to meet people not attached to the school, or work on the relationships I have through the school, but it's not with the school if that makes sense. Not because you have to, just like you have to do your projects in your groups, but because you want to. Yeah it's a matter of calling them and saying hey do you want to go to dinner, and I did that the other day and they said I am going to chapman to see my child, so that was kind of hard for me.

Also having to focus more. I have lost my car three times already, my kids usually tell me where I parked, so having to go and just be more aware, and I guess relying more on myself, rather than having someone else. Even if it's at night, I am more aware about

not going at night, I used to be like why don't you guys come with me, even when I drive down the road I say oh look a pumpkin patch, and I think oh why don't I ask the kids if they want to go but then I think oh my gosh, there is no kids here to ask!

9. How has your daily routine changed?

- a. What did your routine used to look like?
- b. What does it look like now?

Umm, the workday starts at 4:45 in the morning and we used to stay to about 6:30 in the evening, and now we are starting to leave at 5:30, it's kind of interesting, like a normal person, so it's putting in a lot of hours, but by time you get home from work now you have to walk the dogs, and then do we eat, or not do that at home. And not what I have been trying to do is ween myself off of the Korean soap operas. You come home and want to relax, and you are like oh my gosh. And I trying to get more of the house work I have putting aside for a long time. Last night I was up until about two-o'clock in the morning getting all my work stuff reorganized, filing you never do, some of it is like four years old that have to be filed for the office, and things like cleaning.

10. Do you find that you have more free time?

- a. If so, what do you do with it?

Robert: So you do have more free time, a lot of what you have been doing have been doing so far has been catching up on things rather than things like hobbies and stuff like that?

Response: Right since it is still so new. Once I get used to everything and more comfortable I will be more into hobbies like stained glass and scrapbooking.

11. What is the most challenging part of this life change?

- a. What do you miss?
- b. What is hard?

Yeah, you lose your identity and try to find yourself again. My husband just went off to Utah and on the weekend and it was the first time I was alone in like for 40 years. It was hard, I was kind of scared, I had to set the alarm at the house. I was like I will go out to eat, but I ended up bring something back home. Meals taste better with laughter around. You know the talking and everybody talking at once, and conversations going on around at once.

12. What is the most exciting part of this life change?

- a. Has anything surprised you?

I am ok being by myself, I just miss the laughter. But there are nice parts about it. I can be in my pajamas all day long, and I don't have to take a shower, that part was really nice, it was quiet. It was nice to sit back and relax. I will have the tv on and I am not watching it, I am working, it's just noise.

13. How does your partner feel about the change?

Ever since he was going to college, both he and I put ourselves through college, but him he didn't have savings so he has been working since he was nineteen. His identity was always tied to his work. I would always joke with people and say when you die I will write at the office on his headstone because he is always at the office.

My identity is much more tied to the kids. I would take time off work and volunteer at the school and not tell him and he would think I was at a meeting when I was really checking things out at the school.

I just pretty much have my own life, and my husband had his own life, but now we more things together now as a couple, like we will go shooting together, shooting is one of the big ones.

14. Has your relationship changed with your partner? If so, how?

It is pretty much the same. We have been together for over thirty-five years, and we waited a long time to have kids, so it is pretty much just the same. We have been slowing trying to ween ourselves off the last couple years. The person from kora was active in sports, so we were busying doing that. Not having to drive around and do that is kind of nice, we used to get home at eleven or twelve a clock at night. Now all you have to worry about is feeding the dogs in the morning, being home somewhere in the middle and not staying at work too late.

15. Has your relationship with your friends change? If so how?

Yeah, I talk to the other moms a lot, which is good, and I always tell them it is better for us to cry then for our kids to cry, because it would be worse for your kids to cry and say take me with you I don't want to be here. You want your kids to be so happy. You are trying to find your own way so they don't worry about you.

So much so when my youngest daughter was getting ready to move into the dorm my phone was going off so much she finally said mom turn off the phone. There is about ten of us on they chat thing and some pictures of the dorms, and then they get off of the plane ride, and just some of it is pretty sad and some of it is pretty darn funny.

16. What were your hobbies and interests before having kids?

Right since it is still so new. Once I get used to everything and more comfortable I will be more into hobbies like stained glass and scrapbooking. Well I did those things back when the children were little. When the first one was born and the last one was born I went thought a very bad depression, but I knew what it was when the fourth one was born, so I got hobbies, and so I learned I needed to keep busy and do something, and so my kids are always checking in on me to make sure I don't go down that dark path again, they say go to the gym, I know you haven't gone to the gym yet but you have a membership and you haven't gone but the kids have gone.

17. How have your hobbies and interests changed before and after having kids?

I didn't get married until I was twenty-seven, and we didn't have our first child until I was thirty, so I had used to have a really busy active life, I was a flight attendant, I used to go where I wanted to go, I ate by myself, but now I have to get back to like how it was before, and enjoy being by myself instead of dreading it.

18. What would you like to do or try in the near future?

When I turned forty, I thought about what I wanted to do and I thought about gardening and actually enjoying it. Trying to make everything really nice instead of like being on sale. It was just kind of like the kids are going to ruin it anyway so why worry about it. I think I would like to do more decorating to make my home look like a model home instead of this hodgepodge, you know. I would love to learn how to dance too. I had a Wii I wanted to learn how to do it thorough that, but one of my kids took it, so I don't know about that. I just thought it would be fun. There is this Zumba class where you can hop around and lose weight at the same time and I thought oh that would be fun I always wanted to do that, always, always, always, and there is that weight lifting thing too. So I thought it would be really nice if by the time Christmas came around I could lose that excess weight and have fun at the same time. I used to go to aerobics, but that Zumba thing sounds fun. Something different would be good, and meeting people there would be really good.

19. How has the way you interact with your child(ren) changed since they left the house?

I try not to call them as much because I don't want to impose. I want never really a big fan of texting, but I notice when I text them they respond back so its kind of cool you know. I am usually not really a big texter. I have noticed I am now texting a heck of a lot more, and I am very slow at it, but it is fun, and I misspell things, and I am not very good at sending care packages, but I just sent one, and she hasn't even been gone two weeks now, and I felt really guilty because I thought I hardly sent my other daughter anything, and then I felt guilty and thought now I have to send one to each of them, I like to be fair, but I thought I don't know what to send them, so I thought oh maybe Halloween. But I also am like you have to be careful when you walk around because compared to settle where we are is a lot safer, kids are used to leaving there backpacks around at school and it will be their when they come back two hours later, and in Seattle it would be gone. So I am just like you cannot walk around at night by yourself.

I am trying not to tell them what I did in college, because I want them to have a good time, but I want them to have their own experience. Because they are over the age of eighteen, I don't want to say they should do this, or they should do that, they need to have their own experience. I want them to be happy because it is their own accomplishments, not because mom wanted them to.

20. If there anything that you used to do with your child(ren) before they left which you no longer do?

a. If so, what?

I used to go to the shopping mall, um now I have to do that by myself. There is something we say let's wait until everyone is home, then we will go see movie. There is probability a lot of stuff we do, but I just don't know.

Full Transcript

Robert: Hello.

AP: Good morning Robert. How are you?

Robert: Hi. Very good, it worked that's good

AP: I excited that we are able to do this is. It was simple.

Robert: Mmhmm. Alright so umm I sure you have already heard a little bit a about is but basically this is just an exploratory interview to kind of see what the needs are of empty nesters to just kind of try and develop a product to help them find things do to after they leave the home. Like I said before you are totally anonymous, you don't have to answer any questions you don't feel comfortable asking, and like I said before you are being recorded, but like I said before I am just going to use it to write and transcript and then discard it. If you have any questions, feel free you them to ask them at any point. Sound good?

AP: Yes

Robert: Alright. First a couple of demographics questions. First off, how many children do you have?

AP: Four

Robert: Ok, four

AP: Yes, but I guess I did take in one from another child from Korea all the way from freshman year up to a week ago.

Robert: Ok, yeah, I would say that counts. Alright, so how old are they.

AP: I think they are eighteen, twenty, twenty-one, and twenty-four.

Robert: Twenty-four, alright. So how long has it been since everyone left the house basically, is it just that week you mentioned?

AP: Well the one from Korea was just about a week ago, my youngest daughter I just dropped her off at UW, she's a freshman, so I don't know I dropped her off less than a month ago.

Robert: Alright so less than a month, fairly recent then, right? What is your current relationship status, are you married?

AP: I am married.

Robert: Ok, what is your occupation.

AP: We own a construction company.

Robert: Alright. So getting into a little bit more involved ones, what is your community like, what groups do you interact with on a weekly basis?

AP: None.

Robert: None?

AP: Not since the kids left, I used to be very active in the school.

Robert: Is that like PTA meetings or something like that?

AP: No I was always involved in graduation parties.

Robert: Oh graduation parties.

AP: We would plan graduation parties and we would meet like every other week for like a year before up to graduation and I did that since my youngest was a junior, so I was pretty busy.

Robert: Yeah sounds like it. Alright, umm, what have you noticed is the biggest difference in your life since the change?

AP: Umm, not running around to the kid's items and umm and not being known as someone's mom, that's the big thing, your identity is tied to the children a lot. You are known as so and so mom. The next year after they graduate you volunteer for a fundraiser you are known as someone's mom, but now it's like trying to find your own identity back.

Robert: Like trying to find out how you identify as? No that makes sense. For sure. Umm, so that's is kind of the down sides are there any benefits you have noticed so far, I know it has been fairly recent.

AP: Umm yeah, like right now I am here at work and before I would stay at home trying to get things done but now I don't have to come home to cook if I don't want to. All I have to do is feed the dog, so if I feel like stopping off I can more so then I did before. Occasionally I would do that before and call home and say have left overs, but not having to cook is really nice. And then now not worrying when you lock the door really early in the morning when you at 4 to go to work, you don't have to worry as much.

Robert: So just less commitment kind of?

AP: Very much so, a lot less commitment.

Robert: Yeah

AP: I still worry but it's not as bad since they are not at home I don't have to wait for the door to open up

Robert: Mmmhu that makes a lot of sense actually. Let's see, what other steps have you had to take to adjust to the life change?

AP: Trying to find more friendships because it is kind of like when you guys went off to school the first time and your parents would say go off and meet people you know during Dawg Days and something like that, and not I have to meet people not attached to the school, or work on the relationships I have through the school, but it's not with the school if that makes sense.

Robert: With the people you met at the school, but not directly connected to your children anymore.

AP: Right right right. Not because you have to, just like you have to do your projects in your groups, but because you want to.

Robert: Yeah and making the extra effort to go for it and yeah.

AP: Yeah it's a matter of calling them and saying hey do you want to go to dinner, and I did that the other day and they said I am going to Chapman to see my child, so that was kind of hard for me.

Robert: A big step.

AP: Also having to focus more. I have lost my car three times already, my kids usually tell me where I parked, so having to go and just be more aware, and I guess relying more on myself, rather than having someone else. Even if it's at night, I am more aware about not going at night, I used to be like why don't you guys come with me, even when I drive down the road I say oh look a pumpkin patch, and I think oh why don't I ask the kids if they want to go but then I think oh my gosh, there is no kids here to ask!

Robert: There is no one there. Oh man! Yep. Yeah I understand that.

AP: Are you the youngest?

Robert: I am an only child.

AP: How did your parents do?

Robert: Umm again fairly recent, only a month or so ago, so far they seem to do doing alright.

AP: It's a big adjustment.

Robert: Yeah definitely.

AP: I think a lot of the things you guys are going through are the same kinds of things we are going through.

Robert: I can see that.

AP: All your doubts and things like that. We tell our kids what we should be doing but we don't practice it ourselves.

Robert: Yeah, your know what you should do, but you don't actually want to do that

AP: Right, and it's like once you take that first step, oh my gosh it was ok, I can do this, but its hard.

Robert: That makes a lot of sense.

AP: It's like all the same anxieties you had when they first dropped you off, but I am in my own home.

Robert: No that definitely makes sense. Alright let's see. How has your daily routine changed? I know you talked a little bit about going out at night and stuff like that, but elaborate more on that.

AP: Umm, the workday starts at 4:45 in the morning and we used to stay to about 6:30 in the evening, and not we are staring to leave at 5:30, it's kind of interesting, like a normal person, so it's putting in a lot of hours, but by time you get home from work now you have to walk the dogs, and then do we eat, or not do that at home. And not what I have been trying to do is ween myself off of the Korean soap operas. You come home and want to relax, and you are like o my gosh. And I trying to get more of

the house work I have putting aside for a long time. Last night I was up until about two-o'clock in the morning getting all my work stuff reorganized, filing you never do, some of it is like four years old that have to filed for the office, and things like cleaning.

Robert: So catching up on things you have been putting off for a while?

AP: Right, there are people who say my house will be clean when my kids are gone, and doing things like working on the outside of the house. You know when the kids say they are going to do something and they actually want you to join them, and of course your go oh I would love to go.

Robert: Yeah. I can definitely see that. So you do have more free time, a lot of what you have been doing have been doing so far has been catching up on things rather than things like hobbies and stuff like that?

AP: Right since it is still so new. Once I get used to everything and more comfortable I will be more into hobbies like stained glass and scrapbooking.

Robert: Those are all thing that you did before children?

AP: Well I did those things back when the children were little. When the first one was born and the last one was born I went thought a very bad depression, but I knew what it was when the fourth one was born, so I got hobbies, and so I learned I needed to keep busy and do something, and so my kids are always checking in on me to make sure I don't go down that dark path again, they say go to the gym, I know you haven't gone to the gym yet but you have a membership and you haven't gone but the kids have gone.

Robert: You want to keep busy?

AP: So I don't go back to the dark place. But I do really like the hallmark channel because of the Korean soap operas.

Robert: Yep, it draws you in. I guess you already talked it, but I guess the most challenging part is not having them there, as being the identity type of thing. What is the most challenging part of it?

AP: Yeah, you lose your identity and try to find yourself again. My husband just went off to Utah and on the weekend and it was the first time I was alone in like for 40 years. It was hard, I was kind of scared, I had to set the alarm at the house. I was like I will go out to eat, but I ended up bring something back home. Meals taste better with laughter around. You know the talking and everybody talking at once, and conversations going on around at once.

Robert: You just didn't really know what part of it that you really appreciated the most when you were in it.

AP: Yes, that's totally what it is. I am ok being by myself, I just miss the laughter. But there are nice parts about it. I can be in my pajamas all day long, and I don't have to take a shower, that part was really nice, it was quiet. It was nice to sit back and relax. I will have the tv on and I am not watching it, I am working, it's just noise.

Robert: I understand that. Alright. And ummm, let's see, how does your husband feel about the change, how has he reacted to it.

AP: Ever since he was going to college, both he and I put ourselves through college, but him he didn't have savings so he has been working since he was nineteen. His identity was always tided to his

work. I would always joke with people and say when you die I will at the office on his headstone because he is always at the office.

Robert: So a lot different experience?

AP: Very much so. My identity is much more tied to the kids. I would take time off work and volunteer at the school and not tell him and he would think I was at a meeting when I was really checking things out at the school.

Robert: Off doing stuff.

AP: He is more excited about it then I am about them going to school. I think he misses them more now that they aren't here. Do you see yours parents much?

Robert: Somewhat. I can drive up there every couple of weeks or so, so more than if they where you are.

AP: Our kids have a much bigger gap. It costs too much do go back and forth. My kids can go to their grandparent's house, so that's a little bit easier on them.

Robert: That's good, little bit less worry on that front

AP: Yeah, I talk to the other moms a lot, which is good, and I always tell them it is better for us to cry then for our kids to cry, because it would be worse for your kids to cry and say take me with you I don't want to be here. You want your kids to be so happy. You are trying to find your own way so they don't worry about you.

Robert: Have you been talking to other moms whose children have gone away recently too?

AP: So much so when my youngest daughter was getting ready to move into the dorm my phone was going off so much she finally said mom turn off the phone. There is about ten of us on they chat thing and some pictures of the dorms, and then they get off of the plane ride, and just some of it is pretty sad and some of it is pretty darn funny.

Robert: So that's kind of a community you have found their at least?

AP: Huge, yeah. Cause yeah with the graduation projects once it's done, it's done and you keep some friendships, but this one, I was surprised I kept up with all of them, and there are the ones some of them have moved all the way to North Carolina, so we are all going through this on different levels.

Robert: Yeah that is a long ways.

AP: Yeah a long ways. Yeah a lot of them have ramped up their career. I put mine on hold a bit, and I let work slide. Before I would have people work for me, even though they didn't work for me and I would have them do paperwork for me, but now I take control back again and go back and figure out what's really wrong with it. My career is going to be stronger.

Robert: How has your relationship changed with your husband?

AP: It is pretty much the same. We have been together for over thirty-five years, and we waited a long time to have kids, so it is pretty much just the same. We have been slowing trying to ween ourselves off the last couple years. The person from Korea was active in sports, so we were busying doing that. Not having to drive around and do that is kind of nice, we used to get home at eleven or twelve a

clock at night. Now all you have to worry about is feeding the dogs in the morning, being home somewhere in the middle and not staying at work too late.

Robert: There is less transportation and responsibilities in general?

AP: That is actually kind of a blessing and its not because there is nowhere for you do go but that's kind of actually nice.

Robert: There is nowhere you have to go if you don't feel like it?

AP: Yeah that's a good thought.

Robert: So we talked about some of the hobbies you have before like the stained glass, but is there anything new that you haven't tried before that you have thought about?

AP: When I turned forty, I thought about what I wanted to do and I thought about gardening and actually enjoying it. Trying to make everything really nice instead of like being on sale. It was just kind of like the kids are going to ruin it anyway so why worry about it. I think I would like to do more decorating to make my home look like a model home instead of this hodgepodge, you know.

Robert: I am familiar with that.

AP: I would love to learn how to dance too. I had a Wii I wanted to learn how to do it thorough that, but one of my kids took it, so I don't know about that. I just thought it would be fun. There is this Zumba class where you can hop around and lose weight at the same time and I thought oh that would be fun I always wanted to do that, always, always, always, and there is that weight lifting thing too. So I thought it would be really nice if by the time Christmas came around I could lose that excess weight and have fun at the same time. I used to go to aerobics, but that Zumba thing sounds fun. Something different would be good, and meeting people there would be really good.

Robert: Alright, so last couple of ones here. How has the way you interact with your kids changed since they left the house?

AP: Oh my gosh.

Robert: I know that's a big one.

AP: I try not to call them as much because I don't want to impose. I want never really a big fan of texting, but I notice when I text them they respond back so its kind of cool you know. I am usually not really a big texter. I have noticed I am now texting a heck of a lot more, and I am very slow at it, but it is fun, and I misspell things, and I am not very good at sending care packages, but I just sent one, and she hasn't even been gone two weeks now, and I felt really guilty because I thought I hardly sent my other daughter anything, and then I felt guilty and thought now I have to send one to each of them, I like to be fair, but I thought I don't know what to send them, so I thought oh maybe Halloween. But I also am like you have to be careful when you walk around because compared to settle where we are is a lot safer, kids are used to leaving there backpacks around at school and it will be their when they come back two hours later, and in Seattle it would be gone. So I am just like you cannot walk around at night by yourself.

Robert: Just because of the different environment.

AP: I am trying not to tell them what I did in college, because I want them to have a good time, but I want them to have their own experience. Because they are over the age of eighteen, I don't want to

say they should do this, or they should do that, they need to have their own experience. I want them to be happy because it is their own accomplishments, not because mom wanted them to.

Robert: You want the best for them, but you don't necessarily want to tell them what to do.

AP: Yeah, when you are under your parents roof you do your eyerolls, but you do it, but what I am hoping now is that there is something in their head that says mom would kill me if I did that, I think that's a bad idea, but I want them to come up with it on your own. I want them to come up with their own decisions, even if they aren't the best decisions, make the right decisions.

Robert: I can see that. Last one here. Is there anything you used to do with your children which you no longer do? I know you mentioned the pumpkin patch thing before, what else have you been running into?

AP: I used to go to the shopping mall, um now I have to do that by myself. There is something we say let's wait until everyone is home, then we will go see movie. There is probability a lot of stuff we do, but I just don't know. I just pretty much have my own life, and my husband had his own life, but now we more things together now as a couple, like we will go shooting together, shooting is one of the big ones. We used to carve out time for ourselves too. Like date night. We started it when the oldest kid as twelve, and we would only go like once a week to like Starbucks like six blocks away. So with it most things we would slowly try to wean ourselves from the kids. My husband is doing that a lot better than I am because he did better than I did, and I should have, and I think that is why a lot of parents have so much trouble with it, is as comparted to you kids who started in high school, you were already going through that process, so when you got to college it was a big step but it wasn't as big as it was to your parents, like with us it was just one big hit.

Robert: A faster transition.

AP: Huge, and that's why a lot of us having such a big problem, because we didn't transition early, where you guys did it since the tenth grade. By senior year, you guys are so busy coming and going.

Robert: We are sort of on a different side evolving at a different rate.

AP: Do you feel the same way?

Robert: I see what you are saying. I have been going out doing different things, so of compared to my parents who have been doing the same thing they were doing before until recently. So that makes sense that we are moving at different speeds.

AP: Both sides want the other to be so happy. You know your parents know your habits and my kids know my habits. So they just gently keep pushing and asking what did you do today mom, and they are so excited to tell me what they did because they are so busy. Kids get really busy because when they are in school the other kids they hang out because their new family, so the fast you find that new family the better. That is kind of what I am trying to do is find a new family.

Robert: Exactly. Well that is kind of what we are trying research and design for here.

AP: So you are trying to design something, huh?

Robert: Yep, this was kind of our exploratory interview for what we needed to design here?

AP: I think making the transition period earlier would be nice.

Robert: Yeah I was thinking that as well. Maybe not start directly after they left, but earlier then that.

AP: Yeah I really do. I think a lot of people would really like something like that. You still have an obligation to the kids, but you have to realize from eleventh grade on that the kids are actually pretty darn good and they just need like touchstones. Just letting them know your still there. We ourselves have to do something earlier and not wait until gosh its September and we are dropping you off, and wait until that particular moment. Not even junior year, but when you are done with college application. My kids were so smart they said once the applications they have the grades already you don't have to work your butt off, you are already accepted. I didn't realize that until I had my first kid. Kids are a lot saver then we are with social media and phones. I am relying a lot more on my phone now it's like my little lifeline.

Robert:: Yep, same with my parents, they used to never text, but now they do

AP: Yeah! Yeah, o my gosh, like some of friends say why do you still carry your camera your phone does everything, why do you still have a computer, why don't you use your phone, and I say because I really don't know how it works. But with the kids on there, I am learning how it works more and more because I have to.

Robert: It's the only way to talk to them.

AP:: Yep.

Robert: Is there anything else you would like to add or any final thoughts on that at all?

AP: Well, I think the heart will always hurt, and that is what it is supposed to do, and it will get easier but yeah. I think something like an app would be helpful, but not a stupid game, but an easier way to interact with other people. To go back to that old fashion, yeah I can meet you though this phone you know and text me, but to go back to that old fashion finding people with the same interests. God it sounds like dating all over again. I have to date someone to find out if I want to be your friend or not!

Robert: It takes work.

AP: It does, I think I am a boring person, so hopefully you will find something more interesting.

Robert: No I think I have found a lot of good insights of here of what I need to start looking at.

AP: Be nice to your parents, because we are trying really hard, but sometimes it's tough. I go to a restaurant and say I will eat it here by myself and not take it home. I did it before and I can do it again. I didn't get married until I was twenty-seven, and we didn't have our first child until I was thirty, so I had used to have a really busy active life, I was a flight attendant, I used to go where I wanted to go, I ate by myself, but now I have to get back to like how it was before, and enjoy being by myself instead of dreading it. Do you have anything else for me Robert?

Robert: No, thank you for your contributions here I think that gives us a lot to work off of.

AP: If you need any follow up, please call me or text me, either one.

Robert: Alright fantastic. Thank you.

AP: Thank you.

Robert: Bye.