

The iConnected Parent

by Barbara K. Hofer and Abigail Sullivan Moore

In *The iConnected Parent*, authors Barbara K. Hofer and Abigail Sullivan Moore discover the college campus to be the perfect laboratory for examining and evaluating the impact that instant communication is having on today's parent-child relationships.

Combining Hofer's background in psychology with Moore's journalistic skills, the book presents valuable information for parents in their quest for success in this crucial time of transition in their kids' lives. Survey-driven data provides information for parents who want to "normalize" their communication and encourage healthy adult relationships with their maturing kids. They address various questions including: How much contact is too much? How much is too little? How often should the parent initiate? How do we manage expectations for keeping in touch? With all of the current technology available, what do healthy boundaries look like? With an appropriate supply of anecdotes, the authors anticipate the readers' identification with information revealed in the survey, composed largely by, of course parents and students. They even include some humorous looks at how things occasionally get out of hand with the help of *The Onion*, in an article in a 2009 issue called: "Facebook, Twitter Revolutionizing How Parents Stalk Their College-Age Kids" which includes the emergence of the e-generation version of the soccer mom!

Gleaned from the perspective of those who have walked the path with college-age children of their own, the authors provide ample wisdom, advice, and support for parents and students alike in navigating the transition from child to adult, while minimizing the number of dropped calls along the way.

The book is well worth the time, and the \$25.00. Of course, even less if you own a Kindle!

John Kloeckner

