

Let's Talk: Parenting adult children

Presenter: Lynn Borteck, Clinical Counselor

Hi, I'm Lynn. Let's talk about parenting adult children. Parenting is the toughest job in the world. Many people assume that it gets easier as your kids get older. It doesn't really get easier, it just gets different. Here are some of the challenges that you might face as your kids get older.

Visual Cue: Accept that your child is now an adult

The first challenge is just realizing that your kids are becoming adults. As parents, we're on autopilot for many, many years to oversee and protect our kids. It's a really big transition when our kids get to an age when we have to start to realize and understand that they're becoming adults.

Visual Cue: Trust your children

The next challenge is giving your kids independence. It's really important to let your kids know that you trust in their ability to make their own decisions. You have to let them fly on their own. When you do, you're telling them, in a sense, that you trust in their ability not only to make decisions, but to cope with life.

Visual Cue: Recognize successes

Next, let's talking about giving approval. It's easy to spot mistakes, but what about spotting successes? It's really important to give your kids kudos for the things that they do well and do right starting when they're little. This is how they build their self esteem. Let your kids know when they've done a good job.

Visual Cue: Know when not to give

The next challenge is to know when not to give. As parents it's important to understand when it's time to stop giving and that might mean stop giving advice, and stop giving financial aid. When you give too much advice to adult children, it can easily turn into nagging. When you give too much financial aid, it can enable your kids to do things and make them feel that you don't think that they can do it on their own.

Visual Cue: Appreciate your accomplishment as a parent

Finally, feel proud of yourself for raising an adult. Like I said, it's not easy. Remember to pat yourself on the back for raising a child into an adult and remember to let your adult kids know that you're really proud of their accomplishments and their growth. Thank you and good luck.

Visual Cue: Resources For Living