



## Adult Children in the Family

When your children become adults, your family system must shift to allow for their new status. The change is different in every family, and not always smooth or short-lived. As parents, we can gain clarity on this period of change by reflecting first on our own expectations.

- Who is considered an 'adult' in your family? Is there a vague "other" status between child and adult?
- What privileges are allotted to adults or young adults in your family?
- What responsibilities do adults have in your family?
- Do you and your spouse agree about these privileges and responsibilities? If not, how do you handle disagreements?
- How do you communicate your expectations to your spouse and children?

### **The most common challenges in families with adult children are:**

1. The timing and content of next steps for career or school for children
2. Money
3. Romantic partners of children and parenting style of grandchildren
4. Adult child behavior and habits in your home
5. The tone of emotional exchanges between parents and children and among siblings
6. Managing the pain of redefining a relationship
7. Disagreements between parents about how to handle these issues

In this custom workshop, we will pinpoint specific areas of growth for each participant, and role play new ways to behave in routinely painful or frustrating interactions. Group members will draft and practice key phrases and body language for the situations that bother them the most. My background in autism and mental health has given me unique insight on the unspoken-but-very-important expectations in all families, and the wide variety of methods used to communicate with adult children. The techniques I recommend are based on assertiveness, vulnerability, humor, practicality, and self-discipline.

Sessions are available from 2 hours to all day.



Questions or scheduling requests:  
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