

Adult Children Returning Home
During the Period of Adulthood
7/22/07
Kate Walsh

Adulthood in our day and age is seen to be achieved at about the age of 26. The age between college graduation and adulthood has been coined as Adulthood. If you have an adult child returning home following college graduation, which is currently at a rate of 65%, or after being out on their own and need to move home due to a job loss or another unforeseen difficulty, this can place stress on the parents and other siblings still at home. Listed below are a few points to keep in mind and that might be helpful if you are facing this stressful situation.

1.) Keep in mind that this is a stressful situation and a stressful time for you and your family members. Be sure to take care of yourself and maintain healthy eating habits, regular exercise, and contact with friends. Limit alcohol and caffeine consumption. If you feel that a visit with a counselor or therapist would be helpful, make an appointment and seek their counsel.

2.) Make every attempt to maintain a good and respectful relationship with your adult child. During this difficult time, they have turned to you because they may have no one and nowhere else to turn. Belittling, criticizing, or pressuring them to find a job and move out will actually be counterproductive and will produce hard feelings that may be difficult to mend.

3.) As you talk with your adult child about the situation they face, make every attempt to remain calm and supportive. They may be frightened and unsure of the next step in life and need a respite at home to pull themselves together.

4.) Most college graduates are carrying debt. The average is currently \$20,000 in student loans and \$4,000 in credit card debt. To make this picture even more bleak, the job market is rebounding, but is still not at the pre-911 levels. A few pointers to share with your adult child (very carefully and never in a judging, overpowering manner) as they take control of their money:

- a.) Encourage them to get some credit. Experts suggest that young people apply for one (and only one) low-rate credit card, use it, and pay the bill on time every month. In so doing, this will boost their credit score, which will be helpful when they want to take out a loan for a car or a house, when they will receive a better interest rate, saving them money.
- b.) Encourage them to open a savings account and have money deposited directly into the account every month. It has been suggested that their ATM card should not have access to this account.
- c.) Encourage them to buy a good, fashionable, simple, versatile suit.
- d.) Encourage them to consolidate their debt into one loan at the lowest, fixed interest rate they can find.
- e.) Remind them to begin saving for retirement. If they open an IRA, and put in even small amounts, they will find that this helps them when it comes time to retire.
- f.) Encourage them to invest properly, appropriately, and safely.
- g.) Encourage them to have a one-page resume, ready to give or send to prospective employers.

5.) As the parent, remember that this situation is more than likely temporary. Remember to keep your sense of humor. Creating animosity between you and your son or daughter at this point in your lives will not benefit anyone in the long run. You want to be a part of their lives all throughout life, so remember to use compassion and empathy generously. Be sure to include a healthy dose of prayer and you should be able to get through this time with grace and style.