They’re Back! Or... They Never Left

Why Did We Develop this Program? It’s nothing new to have adult children living/returning home – was the norm prior to WWII. There’s nothing bad about this relationship, but it is now perceived as a weakness. Recognized this was a GAP in our programming and also an open niche in the community.

Recommend:
Three, 2.5 hour nights (6-8:30pm) = 7.5 hours
2 educators each night

Brief Review Outline: Main objectives of each class
One:
1 – Recognize that this is another iteration of family and becoming a more common form in today’s world. Use statistics and class feedback to better understand the WHY’s and WHAT’s of this system. (Activity: As a class reflect on why this is occurring and what the issues are.)
2 - As in other stages of parenting, requires information about developmental stage and a close look at parenting style. Usually requires an adjustment in adult parental behavior and communication to maintain a healthy relationship. Adult parent may need to take the lead for positive change to occur. (Diagram: offer overview of Transactional Analysis; move to adult-adult communication and behavior)
3 – Basic communication skills introduction and practice (Activity: “I” statements; Active listening)

Two:
1 – Sharing responsibilities in this “new” family system (Activity: What is a family?) Define the common essentials of a family, including the idea of shared/ redistributed roles and responsibilities.
(Activity: recycled roles sheet – from BWFL resource!) Video clip # 4 – setting boundaries
2 – Understanding enabling behavior, Moving from “Managing” to “Mentoring”. Need to provide support and guidance, without doing for adult children what they can do for themselves
(Review: Managing vs. Mentoring handout)
3– Parents are children’s safety net/ needed more in these difficult economic times or when life challenges occur. (Financial activities – family budget/ needs vs. wants/ contracts.)

Three:
1-What’s in it for me? Examine own gains/ losses so that this situation will work for you and you can maintain a healthy relationship. (Video clip #5 – Naked Room)
2- Sharing of basic parenting tips that can be safely applied to adult children - eg. let each other know who will be home for dinner, agree on text vs. phone call. (Activity - negotiable vs. non-negotiable)
3- Conflict resolution – when does it occur and what can we do about it? Review process and try new skills; agree to try a plan and revisit to see if it is working.
4- Determine what you really want to see happen (Journaling Activity: What if a miracle occurred? What would it look like? How would it impact you and your child?)
5- Final Review - Use skills and creative solutions to work through common issues (Activity: scenarios)

Please feel free to contact Suzan Sussmann or Denyse Variano for more information about this program.