

6 Essential Tips for Successfully Parenting Your Adult Children in the Modern World

BIBLE VERSES FOR GUIDING KIDS THROUGH LIFE SITUATIONS

A free printable reference guide to disciple and mentor your child through various childhood issues

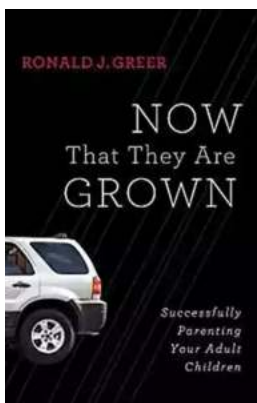
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| ANGER Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger. James 1:19,20 Everyone should be quick to listen, slow to speak, and slow to become angry. For man's anger does not bring about the righteousness that God desires. | OBEDIENCE Ephesians 6:1-3 Children, obey your parents in the Lord, for this is right. Honor your father and mother, which is the first commandment with a promise, so that it may go well with you and that you may enjoy long life on the earth. Colossians 3:20 Children, obey your parents in the Lord, for this pleases the Lord. |
| FEAR 2 Timothy 1:7 For God did not give us a spirit of timidity, but a spirit of power, of love, and of self-discipline. Isaiah 41:10 So do not fear, for I am with you; do not dismay, for I am your God. | LYING Colossians 3:8,9 But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you've taken off your old self with its practices. Proverbs 12:22 The Lord detests lying lips, but He delights in men who are truthful. |
| TATTLING Matthew 18:15-16 If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses. | UNKINDNESS Luke 6:31 Do to others as you would have them do to you. Matthew 12:35 A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him. |
| GRATITUDE 1 Thessalonians 5:18 Give thanks in all circumstances, for this is God's will for you in Christ Jesus. Colossians 3:17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. | FORGIVENESS Ephesians 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Colossians 3:13 Bear with each other and forgive whatever grievances you have against one another. Forgive as the Lord forgave you. |
| REVENGE 1 Peter 3:9 Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. Proverbs 24:29 Do not say, "I'll do to them as they have done to me; I'll pay them back for what they did." | DILIGENCE Proverbs 13:4 A sluggard's appetite is never filled, but the desire of the diligent is fully satisfied. Galatians 6:9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. |

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Parenting doesn't come with an expiry date. Even when your children have grown up and moved out, the role of a parent continues to evolve and adapt to the changing needs of your adult children. As they navigate their way through the

complexities of adulthood, your guidance and support can significantly impact their development and success.

In today's fast-paced and demanding world, parenting adult children can be challenging. Technology, societal pressures, and shifting family dynamics present unique hurdles for both parents and their grown-up offspring. However, with the right approach, you can bridge the generation gap, maintain a strong bond, and ensure your adult children thrive.



Now That They Are Grown: Successfully Parenting Your Adult Children by Ronald J. Greer(Kindle Edition)

★★★★☆ 4.4 out of 5

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1. Adopt an open communication style

Successful parenting of adult children starts with open and honest communication. Make an effort to create a safe and non-judgmental space where your grown-up kids can share their thoughts, challenges, and aspirations. Actively listen to their concerns and validate their feelings. Remember, your role is to be a guide rather than a fixer.

Encourage your adult children to express their opinions, even if they differ from your own. Respect their individuality, and acknowledge the wisdom they have gained through their experiences. By maintaining open lines of communication, you can deepen your connections and offer valuable advice when needed.

2. Encourage independence and responsibility

One of the greatest gifts you can give your adult children is the confidence to be independent and responsible. Empower them to make their own decisions, solve problems, and take charge of their lives. Help them understand the consequences of their actions without intervening unnecessarily.

Encouraging independence doesn't mean cutting ties or diminishing your role altogether. Instead, it means shifting from being a caretaker to a mentor and letting them learn from their successes and failures. Offer support only when they genuinely need it, and allow them the freedom to carve their own paths.

3. Stay updated on societal and technological changes

The world your adult children are navigating may be vastly different from the one you grew up in. To effectively parent them, it's crucial to stay informed and updated on societal changes, trends, and technological advancements. This knowledge will help you better understand their concerns, challenges, and aspirations.

Take the time to learn about the latest advancements in technology, social media platforms, and communication tools. Engage in thoughtful discussions with your adult children about these topics, ensuring that you understand their perspectives. By bridging the generational gap, you can build a stronger and more empathetic connection.

4. Set boundaries without being controlling

Parenting adult children involves establishing boundaries that respect their independence while maintaining a healthy relationship. Revisit and redefine the boundaries as they grow older, allowing them the space to make their own decisions while still valuing your guidance.

Remember that setting boundaries must be a collaborative process. Involve your adult children in the conversation, explaining your concerns and expectations, and listen to their needs and opinions as well. By maintaining a balance between guidance and autonomy, you can foster a relationship built on mutual respect and understanding.

5. Cultivate a supportive network

Being a parent to adult children doesn't mean you have to do it all alone. Cultivate a supportive network of fellow parents, friends, or even support groups who are going through similar experiences. Share your challenges, seek advice, and learn from others who have successfully navigated the complexities of guiding their grown-up kids.

Additionally, encourage your adult children to build their network of mentors and peers who can offer guidance and support in their specific fields of interest. A strong support system plays a crucial role in helping both you and your adult children thrive in a rapidly changing world.

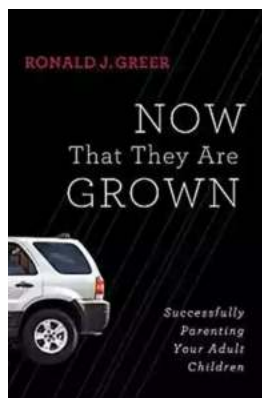
6. Be mindful of self-care

Successfully parenting adult children requires self-care. Prioritize your physical, emotional, and mental well-being to ensure you have the energy and resources to support your grown-up kids effectively. Dedicate time for activities that bring you joy, connect with your own passions, and maintain a healthy work-life balance.

Remember that you are a role model for your adult children. By valuing yourself and practicing self-care, you teach them the importance of prioritizing their own well-being as they navigate the challenges of adulthood.

Parenting your adult children may be a new terrain, but with the right mindset, patience, and adaptability, you can support them in becoming independent, responsible, and fulfilled individuals. Embrace the evolving nature of your role, and enjoy the unique journey of parenting in the modern world.

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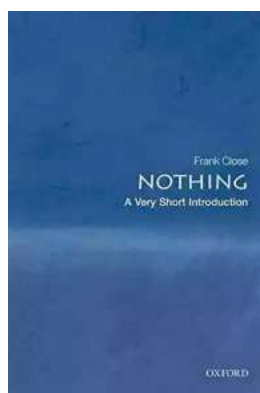


We don't stop being parents when our kids are grown...but some things do change.

Life is filled with change. As our sons and daughters move into young adulthood, our role of what it means to be loving parents changes dramatically.

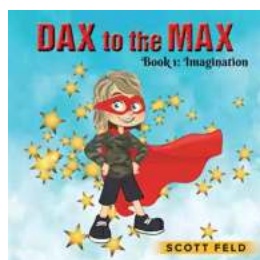
This book aims to help readers miss as many potholes as possible in making the transition from parenting children to being parents of young adults. Here are ways to nurture our adult children while encouraging their independence and maturity. Learn to have balance. Here is how to respond to them in times of struggle. Readers will see how to be supportive, yet not intrusive, caring without enabling dependency.

The questions are important. The answers are not obvious. It is a new day in our relationships with our children. The page has been turned, and we are now writing the new chapter in the life of our family. It is important that we get it right.



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