



# Parenting Your Emerging Adult: Launching Kids From 18 to 29

*Varda Konstam*

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They're back or maybe they never left, your eighteen- to thirty-year-old emerging adults. They have been called narcissistic and self-absorbed. These Millennials, Generation Y or Boomerang Kids, face higher costs of living, higher college debt loads and a sense of material entitlement and they are clinging to the parental nest. Some 56 percent of men and 48 percent of women eighteen to twenty-four years old are living with their already recession-strapped parents. Parents of emerging adults are clearly "stressed-out" and in need of practical, credible advice. *Parenting Your Emerging Adult* is empowering and "uplifting", offering strategies parents need to get their emerging adults living successfully on their own.

Parents will develop an understanding of this developmental period and how it intersects with the current economic, social and political times. They will become better grounded and confident in their abilities to make informed, sound decisions and will learn how to pick their battles, see the big picture and find effective solutions.

Konstam demonstrates how learning to "work with the grain" and fostering independence, rules and consequences, parents will end the codependency, coddling and poor modeling so their emerging adult child will be successfully launched.

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