

FIVE WAYS TO MAKE PARENTING EASIER

By Greg Ostler, MSW, LCSW, LCAS

Clinical Director, Skyterra Young Adult

Skyterra Young Adult
925 Pine Shore Dr
Brevard, NC 28712
info@skyterrawellness.com
www.skyterraYA.com
1 (888) 282-1657



INTRODUCTION TO SKYTERRA YOUNG ADULT

A wellness program for young adults

At Skyterra Young Adult we know that you want to be healthy and independent. In order to do that, you need to feel better. The problem is that attempts to succeed have failed you, which leaves you feeling stuck.

We believe everyone deserves to feel better. We understand that life can be challenging, which is why we have an expert team of Licensed Clinicians, Registered Dietitians, Certified Fitness Instructors and Executive Chefs that specialize in young adult wellness.

We don't want you to wait another moment. That's why we've created this guide to give you five things you can do to move your relationship with your adult-age child in the right direction.

To get started today, call 1-888-282-1657 or e-mail info@skyterrawellness.com.



Intro

Parenting would be easier if I didn't love my kids so much!



Parenting is a critical investment for young adults, and we are reminded daily that it's not an easy journey. Whether it is an experience that happens in early childhood, grade school, or as an adult, our transformations are unique to each of us and we don't like seeing our children hurting, struggling, or stuck. Unfortunately, there is no easy or quick fix. What we know will work is reminding yourself how incredible your children are and how much you love them, even when there is conflict or disagreement about lifestyle choices and the path they choose. It is a choice – it is not your choice to make. You are here to support and encourage while they grow up and gain experiences that will help them in their adventure as emerging adults.

Step 1

Pause, Breathe, Reflect



Take time to slow down and participate in your relationships with your partner and children and take time to be mindful and aware of the environment. Self-care is slowing down. Family care is slowing down together.

Try this today: Get outside together for fresh air and sunshine, and identify something for which each of you is grateful!

Step 2

Invite connection and do what you enjoy together



Connect with positive experiences and spend time laughing, talking, and growing together as a team

We don't always know how to include others in activities because we don't want to "make them mad" or offend them – invite them to be with you, talk to you, share with you, and when that invitation comes back from them, share your wisdom with them in a non-critical way.

Try this today: Invite your child to join you for an activity where you each can find joy and give undemanding time to each other without distraction.

Step 3

Communicate clearly and choose to not be offended



Listen more than you talk – everyone wants to be heard and understood. Everyone deserves to speak their truth

You showing up will provide space for respectful communication and vulnerability

Try this today: With a curious and open mind, invite honest conversation and listen to learn something new that is important to your child. During this time together, be willing to share with your child what is also important to you. We all want to hear and be heard.

Step 4

Observe and respect boundaries



You and your family get to establish boundaries that are appropriate for everyone that will allow for connection and understanding – be clear when you communicate your boundaries so your child will see what it looks like and begin to emulate your behaviors

You are able to set expectations and hold your children, even your adult children, to those expectations of respectful behavior

Give them responsibility to take care of themselves, their behaviors, their space in your home – this exposes them to healthy living and self-care around organization and helping them see they can be successful in their establishment of independence in their own lives.

Try this today: Observe and be willing to identify what is not working for you and your family in your home. Select one area to highlight and communicate what you want to see happen and allow time to educate and explore the necessary changes in the life of you and your family.

Step 5

Be open to the differences you observe in your adult children



They are not you and they have not grown up the same way you did. They will act, appear, and spend their time differently than you may feel is “the right way” – let yourself accept this thought and be open to the newness.

Try this today: Identify one difference you are able to observe or feel between you and your child. Explore the ways in which that difference is difficult for you and be curious as to how it can be a positive tool in building your relationship with your child.