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Blessing Your Grown Children: Affirming, Helping, And Establishing Boundaries



Synopsis

Being a parent of an adult child is a delicate balance of loving and accepting the child while maintaining healthy boundaries. Many parents find releasing their grown children a challenge, and while parents usually want to be supportive, the choices adult children make are sometimes unacceptable to them, leading to disappointment, anger, and guilt feelings. Both parents and grown kids have many adjustments to make as the child separates from the parents' control. With this book, parents will learn to move forward into a new type of relationship with their kids.

Book Information

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Customer Reviews

I highly recommend this book to any parent of a grown child. It may have been intended for parents new to this stage of life, but I believe that parents of older grown children will benefit from the material in this book. Using examples from her own life and the lives of people she knows, Debra Evans helps parents understand the new boundaries between parent and child that go with this change in the relationship. She helps parents consider what they are and aren't responsible for, when to help--and when not to, and how to keep the relationship strong even when/if kids make choices that parents don't agree with. Each chapter contains a testimony from an adult child about something they've struggled with their parents over, appreciate in their parents, or wish their parents would do. Chapters also contain Scripture prayers, Bible verses to reflect on, questions to consider, actions steps (called "Blessings Now") and a few pages of review questions for discussion or journaling. "Blessing Your Grown Children" is definitely a worthwhile read.

This book has been a huge help for our family. Every stage of parenting has its rewards and challenges and we thought, after making it through diapers, passing potty training, & surviving adolescence that our job was going to get a lot easier. Silly us. Life is full of unexpected surprises and keeping our relationships intact through 2 different major illnesses in the last 6 years has taken a big toll. 'Blessing Your Grown Children' has given us the tools and insights we needed to begin to evaluate and repair our relationships with our grown children. It contains real life scenarios, followed by thoughtful questions to help us examine our relationships with our adult children and see what we wanted to change and what we need to work on as a parent. We are going through this one with some close friends who are in the same stage of life. Highly recommend this book. It is a gem.

I found this book immensely beneficial in addressing how to build relationships with our adult children. Debra Evans provides ample evidence to support her ideas on how best to interact and relate to our adult children through her own personal real-life experiences and that of other parents and children and through specific biblical references. The section "For Personal Reflection" in every chapter allows us parents to reflect on our views and behaviors towards our children before moving on to the section on "Prayers," which are Bible verses to pray for our grown child of children. If these sections in each chapter weren't enough, the author has "Blessings Now," which are questions and actions to reflect deeply upon. The author then ends with a summary or wrap up that helps us apply/synthesize the chapter's content. I especially appreciated the repeated reminder that we need to incessantly pray for our adult children and demonstrate our love for them in a variety of ways.

I ordered two copies from seller. Both were received promptly and in excellent condition. One copy is a gift for my daughter with grown children. Now if I could only find time to read the other copy!

This book has sound Biblical advice for raising children through the adult years. It is hard for me to imagine my kids growing up, but I think it is very wise to make parenting decisions now that will help them as adults. Debra shares from her own experience the tricky balance between giving your grown children what they need, and not just what they want to help their spiritual growth.

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