

## Parents of Adult Children: *Keep The Welcome Mat Out*

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### **Keep the Welcome Mat Out**

Most parents of adult children have said that they lost sleep worrying about their kids when they were younger, but perhaps surprisingly, some stress and wonder nearly as much about them when they are grown. How many of you have thought or said one or more of the following:

- My son's choices are breaking my heart.
- I feel like I don't know what my role as her parent is anymore.
- He really needs to get a job!
- Every time I give my daughter some heartfelt advice, she bites my head off.
- I'm still in shock that he doesn't go to church anymore.
- Where did I go wrong?

Jim Burns, Ph.D. is an author, speaker, and president of HomeWord

which seeks to advance the work of God in the world by educating, equipping, and encouraging parents and churches to build God-honoring families from generation to generation. In his book entitled, "Doing Life With Your Adult Children--Keep Your Mouth Shut & the Welcome Mat Out," he says:

"My goal is to give you hope and encouragement on your journey. Like Cathy and me, you may have nights when you lie awake and wonder, *What in the world is going on with my kid?* Today, now that our kids have gotten older, we are experiencing the incredible joy of grandparenting and have made the transition from an adult-child relationship with our kids to our dream of an adult-adult relationship. Has it been easy? For us, not really. Have the principles introduced in my book and course helped us? Yes, immeasurably.

My prayer is that this content will reassure you that life with your adult child can be the best years of your relationship. Keep the welcome mat out."

To support you in this journey of navigating the challenging and rewarding relationship with your adult children, join me in a 7 week online series using resources by Jim Burns, Ph. D. entitled "Doing Life With Your Adult Child--Keep Your Mouth Shut and the Welcome Mat Out." For more information and to register:

[www.coachmyrna.org/adult-children.html](http://www.coachmyrna.org/adult-children.html)

To purchase my book on  
Amazon: [www.amazon.com/gp/product/B09L7KS5VH](http://www.amazon.com/gp/product/B09L7KS5VH)

*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/) Find out more about Safe Conversations [www.coachmyrna.org/safe-conversations.html](http://www.coachmyrna.org/safe-conversations.html).*