

RETURNING TO THE NEST

Millennials are moving home. Here's how to make the transition go more smoothly

BY STEVE CAMPBELL

A recent Pew Research Center survey reports that even as the U.S. Labor market shows some improvement, a larger portion of 18- to 24-year-old young adults are moving back in with their parents.

"The nation's 18- to 34-year-olds are less likely to be living independently of their families and establishing their own households today than they were in the depths of the Great Recession," says the report by Richard Fry for the Pew Research Center.

The study found that while the population of millennial generation adults has grown by nearly 3 million since 2007, the number of young adults heading their own households has not increased.

"In the first third of 2015 about 42.2 million 18- to 34-year-olds lived independently of their families. In 2007, before the recession began, about 43.7 million adults in that age group lived independently," the report says.

According to a Sept. 20 Wall Street Journal article citing a 2013 Clark University study, 56 percent of parents are providing at least some financial support to their adult children.

Parents are typically providing anywhere from \$5,000 to \$18,000 in financial support, depending upon whether they're covering expenses such as food, health and car insurance, and extras such as travel, entertainment and cell phones.

Warrenton-based family counselor Marianne Clyde suggest that parents and their adult children agree to some pretty distinct requirements before the younger generation returns to the nest.

"Before allowing your your adult



child to move in, make sure you have thought it through and you want them there," Clyde says.

"It's OK to say 'no'," she says. "It's better to say 'no' than to resent that you said 'yes'."

Clyde offers the following guidelines to create a peaceful co-existence between older parents and their returning adult children.

■ Set boundaries

Establish parameters before they move in, such as whether they will need to pay rent, buy food, clean the bathrooms, or mow the grass.

Decide whether alcohol or drugs are allowed. Also, will there be any restrictions on visits by the opposite sex? Are parties permitted?

"Make sure everyone agrees up front," Clyde says. "Don't assume anything."

■ Treat them as adults

Adult children should not have to live by the same rules they did in high school or even college.

They are your boarders and board-

ers do not have to be in at a certain time, have dinner with the family, watch TV with you, participate in your dinner parties, watch the dogs when you are away.

■ You're not the maid

As with non-familial boarders, you are not obligated to do your adult child's laundry, cook his or her meals, take care of their pets.

■ Time limits

These are, hopefully, temporary living arrangements. Decide upfront how long your your adult child will live with you. A month? Six months? A year? Agree ahead of time on the expected departure date.

■ The Golden Rule

Generally, if you have a boarder living with you, you are respectful, kind, considerate of noise, and keep up your end of the bargain. Same with the boarder, they should also be considerate of the host, or they may be politely asked to leave.

■ No guilt trips, please

If one of you needs a favor, by all means ask. However, if the answer is no, there should be no guilt tripping or passive aggressive behavior.

■ Act like adults

Remember you are all adults. This can be a great opportunity to establish a solid trusting relationship with your young adult and/or parent.

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