

**JOB TITLE:**

**PARENT – ADULT**

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**JOB PURPOSE:**

**SUPPORTS ADULT CHILD**

by

watching for signs of psychological distress; providing comfort; modeling coping skills; discovering new, “happy” ways to commemorate the good times; fostering exploration of areas of special interest; just being there at career disappointments and relationship difficulties; encouraging self-discovery and personal growth; offering support and understanding in tragic times; loving unconditionally and always.

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**ESSENTIAL FUNCTIONS:**

**1. PROVIDES A SAFE, COMFORTING HAVEN**

by

watching for signs of psychological distress; providing comfort; listening to concerns; offering assistance; pointing out possible resolutions; modeling coping skills.

**2. MAINTAINS A POSITIVE RELATIONSHIP**

by

loving unconditionally; participating in adult child’s activities and life events; minimizing depressing thoughts; avoiding conflict; modeling honesty, empathy, jealousy, self-reliance, cooperation, self-control, sharing, cheerfulness, and kindness; recognizing differences among family members; nurturing self-esteem; respecting privacy; maintaining open communications; making time to talk; finding things to laugh about.

**3. SUPPORTS LIFE SKILLS**

by

demonstrating a moral code; modeling appropriate behaviors; passing on experiences; re-enforcing financial responsibility; differentiating between appropriate and potentially inappropriate behaviors.

**4. SUPPORTS ADULT CHILD'S HEALTH**

by

encouraging adherence to nutritional and health guidelines; fostering ways to reduce stress; encouraging physical activities; supporting the maintenance of physical check-up and immunization schedules and adherence to prescribed medication routines and dosages.

**5. CELEBRATES FAMILY EVENTS**

by

planning menus; preparing food; organizing trips and special occasions; discovering new, "happy" ways to commemorate the good times.

**6. SUPPORTS LIFE-LONG LEARNING**

by

fostering adult child's exploration of areas of special interest; celebrating new skills and accomplishments; encouraging self-discovery and personal growth.

**7. OFFERS COMFORT IN TIMES OF TRAGEDY AND LOSS**

by

offering support and understanding; being empathic; just being there at career disappointments and relationship difficulties.

**8. CONTINUES PARENTING CYCLE**

by

being grandparents who exemplify all that they have been as parents; demonstrating even more patience and understanding with children and/or grandchildren; passing on the lessons that life has taught them; teaching tolerance, forgiveness, compassion; loving life and those around them.

**9. RE-KINDLES PERSONAL SPIRIT**

by

recognizing signs of stress; taking a break; spending time with supportive friends and family; consulting physician for guidance; taking time to reflect on results; resting; re-examining directions; choosing paths to follow; avoiding dissuasion; committing energy; moving forward

## **10. CONTRIBUTES TO ADULT CHILD'S DEVELOPMENT**

by

welcoming different and new personal dimensions; never giving up;  
loving unconditionally and always.

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