

Alienation of Parents of Adult Children

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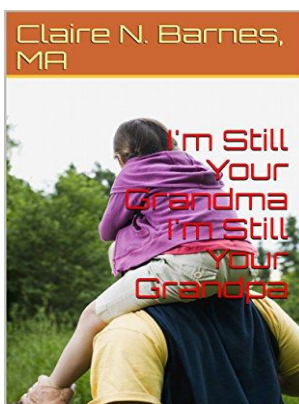
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Remedies:

- Stay off social media
- Find a support system (sympathetic friends, family members, therapist, clergy)
- Be aware of the tendency for isolation and try to avoid it
- Try to suppress the element of shame; when appropriate, learn to be open about the family difficulty
- It's okay to say 'no' to gatherings which create sadness (especially the holidays)
- Choose to **not** share your Estranged Child's opinion of you or your parenting.
- Practice proactive self care
- Ask: *'How can I have a relationship with someone who doesn't want to have one with me?'*
- Avoid motivation to explain your behavior
- Avoid making excuses for the behavior the estranged, adult children
- Have NO expectations for holidays, birthdays, celebrations
- Find peace and comfort with the people who ARE in your life

Resources:

1. Dr. Joshua Coleman (US): www.drjoshuacoleman.com
2. Dr. Ben Leichtling (US): www.bulliesbegone.com
3. Relate (UK): <https://www.relate.org.uk/>
4. Done With The Crying: Help and Healing for Mothers of Estranged Adult Children, Sheri McGregor, MA (\$9.99 US, Kindle, <https://www.amazon.com/Done-Crying-Healing-Estranged-Children/dp/0997352205>),



An affordable (\$4.99 US), user friendly Kindle book for Grandparents whose children experience divorce or separation.

Written for Boomers, the information on family conflict, the challenges of stepfamilies, difficulties caused by estrangement, family finances, and other topics are also useful to separating parents.

A bonus chapter on Emotional Intelligence (EQ) for Boomers is included.

<https://www.amazon.com/Still-Your-Grandma-Grandpa-Grandparents-ebook/dp/B01M5GPDJK>