

**Failure to Launch:
Helping Parents and Adult Children Gain Autonomy and Independence
Dawn M. Hosey, MS, LPC-S, NCC**

1. Objectives
 - Define Failure to Launch
 - Identify underlying causes and symptoms
 - Discuss responsibilities of the parent, adult child and family unit
 - Identify solutions for launching successful adult children
2. Definition from Failure to Launch movie trailer
 - <http://www.youtube.com/watch?v=4KZM3PRV0NM>
3. Failure to Launch
 - Syndrome – Recognized in the research
 - Helicopter parents – Landing pad kids
 - Boomerang kids – Accordion families
 - 30 – 76 % of 18 – 34 year olds
 - Adolescence extended 10 years
 - Causes distress/disability
 - Not developmentally or socially normative.
4. Outside Causes
 - Economy – Recession - Globalization
 - Real Estate costs
 - Job loss
 - Student and Parent Debt
 - Higher levels of education taking longer & costing more
 - Failure to prepare adolescent
5. Concerns for Disabled Youth - Pandey, S. & Agarwal, S. (2013)
 - Changes in roles, relationships, identity
 - Meaningful leisure, educational, and occupational options
 - Emotional and psychological dependence on caregivers
 - Parental involvement/advocacy
 - Communication,
 - Easily accessible comprehensive, up-to date information
 - Assessment, funding, and equipment and support
6. Transition for differently-abled persons
 - Self-determination and self-advocacy
 - Build a work resume` & teach soft employment skills
 - Build social networks
 - Money management
 - Adult service providers
 - Housing, healthcare, education

- Challenge societal beliefs
7. Parent Issues
 - Over involved, Over anxious
 - Dysfunctional Interdependence
 - Fear and need for control
 - “Perma-parenting” – stunt adolescent to maintain identity
 - “Confusion mixed with guilt” – Falls (2009)
 8. The Rise of the Anxious Parent - Beun (2013)
 - Live in Fear or teach child to think/act independently
 - Prolong immaturity or allow child to grow up
 - Allow boredom, delay gratification, accept, learn from consequences.
 - Work with parents to reduce anxiety- trust their parenting
 - Work with students to increase self-assurance, decision- making skills
 9. How to Escape Endless Adolescence - Allen & Allen (2009)
 - Nurture Paradox - strong bio instinct to nurture offspring
 - Unlimited time and resources & totally focused on offspring
 - Issues of control and challenge
 - Live at home and contribute vs. live off parents
 - Dad’s - No more Mr. Fix it – teach the teen
 - Mom’s – Step-down mom – make teen contribute - learn the joy of nurturing
 10. Responsibilities of Parents
 - What is best for my child?
 - Goals of parenting?
 - Goals of this stage of development?
 - Landing pad vs. push out of the nest
 - Expectations and reality
 11. Role of Parental Involvement - Cullaty (2011)
 - Supportive involvement vs. intervention
 - Establish adult relationships with child
 - Relinquish unnecessary control
 - Foster responsibility
 12. Adolescent - Adult Child Issues
 - Lazy or unmotivated
 - Overwhelmed
 - Lacking direction
 - Decreased personal control
 - Substance use/abuse
 - Mental illness
 - Avoidant

13. Failure to Launch – Male and Stuck at Home - Banschick, M. (2012)
- Qualities of avoidance, low self-esteem
 - Doubting ability to be independent/take risks successfully in an increasingly competitive society
 - Dependent on their parents/remain in comfort zone
 - Avoids thinking about the future
 - Reduced motivation to work on long-term goals
 - Seek comforts from instant gratification
14. Boomerang Kids: A Revealing Look at Why So Many of Our Children are Failing on their Own and How Parents Can Help - Pickhardt, C. (2011)
- Challenges:
- | | |
|----------------------|------------------|
| • Homesickness | Substance Use |
| • Managing freedom | Break ups |
| • Failing at College | Indebtedness |
| • Unemployment | Stress |
| • Roommate Issues | Emotional Crisis |
| • Fear of the Future | |
15. Boomerang Kids: A Revealing Look at Why So Many of Our Children are Failing on their Own and How Parents Can Help - Pickhardt, C. (2011)
- Challenges to face and overcome
 - Return contract for living arrangements
 - Adversity develops strengths & lessons learned
 - Benefits of the Boomerang experience
16. Failure to Launch – Male and Stuck at Home - Banschick, M. (2012)
- Have a plan and deadline
 - Offer help not handouts – resentments → enabling
 - Foster strong financial habits – satisfaction and confidence from financial security vs. fancy lifestyle
 - Life raft not cruise ship
 - Allow anxiety, curb criticism
 - Don't sacrifice parental finances
17. Don't ask yourself what the world needs. Ask yourself what makes you come alive and go do that, because what the world needs is people who come alive. ~Howard Thurman
18. Failure to Launch - Gibran-Hesse & McCracken (2009)
- Teach teen life skills – manage finances, etc.
 - Structure college experience
 - Teach employability skills
 - Help them become independent
 - Better psychological adjustment & life satisfaction

19. You are here to enable the world to live more amply, with greater vision, and with a finer spirit of hope and achievement. You are here to enrich the world. (Woodrow Wilson)

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