

TERESA BRUNSTING

AS FOR ME AND MY PARENTING



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WHEN YOUR CHILDREN BECOME ADULTS

As the holiday season approaches, I reflect on past holidays and family vacations. We have spent many Thanksgiving and Christmas breaks away from home. Sometimes, we spent the holidays with our extended family; sometimes, it was only the four of us on vacation. My “kids” are now adults, and I sometimes refer to them as adult children to remind me not to be so mothering. My daughter, Olivia, is 21, and my son, Cooper, is 29.

Last Christmas, we went on a family vacation to San Diego. We stayed at a resort our kids had been to when they were younger. It was the first place either of them had done karaoke, which was the first time I heard my daughter sing, but not the last. I will never forget it.

Olivia is a senior in college now, and Cooper works at an elementary school. Traveling over Christmas break has always been a good time for us to vacation, even

when they were little. When they were young, I worked at a school district and had the same breaks as the kids, so it was simply a matter of letting my husband, Doug, know a long time in advance about vacation dates so he could put it on his work calendar.

FAMILY VACATIONS

I have always felt the importance of family vacations. Doug and I had a few with our parents, but it wasn't a tradition for either of us. When Cooper was young, I convinced my husband to buy a week's timeshare so we always had a reason to go and a place to call home. We rarely went to the same place twice. The resorts want the bookings to be from Saturday to Saturday, so we needed to carve out an entire week for our family. We always had a kitchen, laundry, and plenty of space. We would go out during the day, have fun, and return tired. The kids called it "going home." Sometimes, I would cook, and sometimes, we would go out. Cooper and Olivia also always loved playing board games and reading. We didn't do these things at home as much as we should, but this was the time to do what we loved with those we loved.

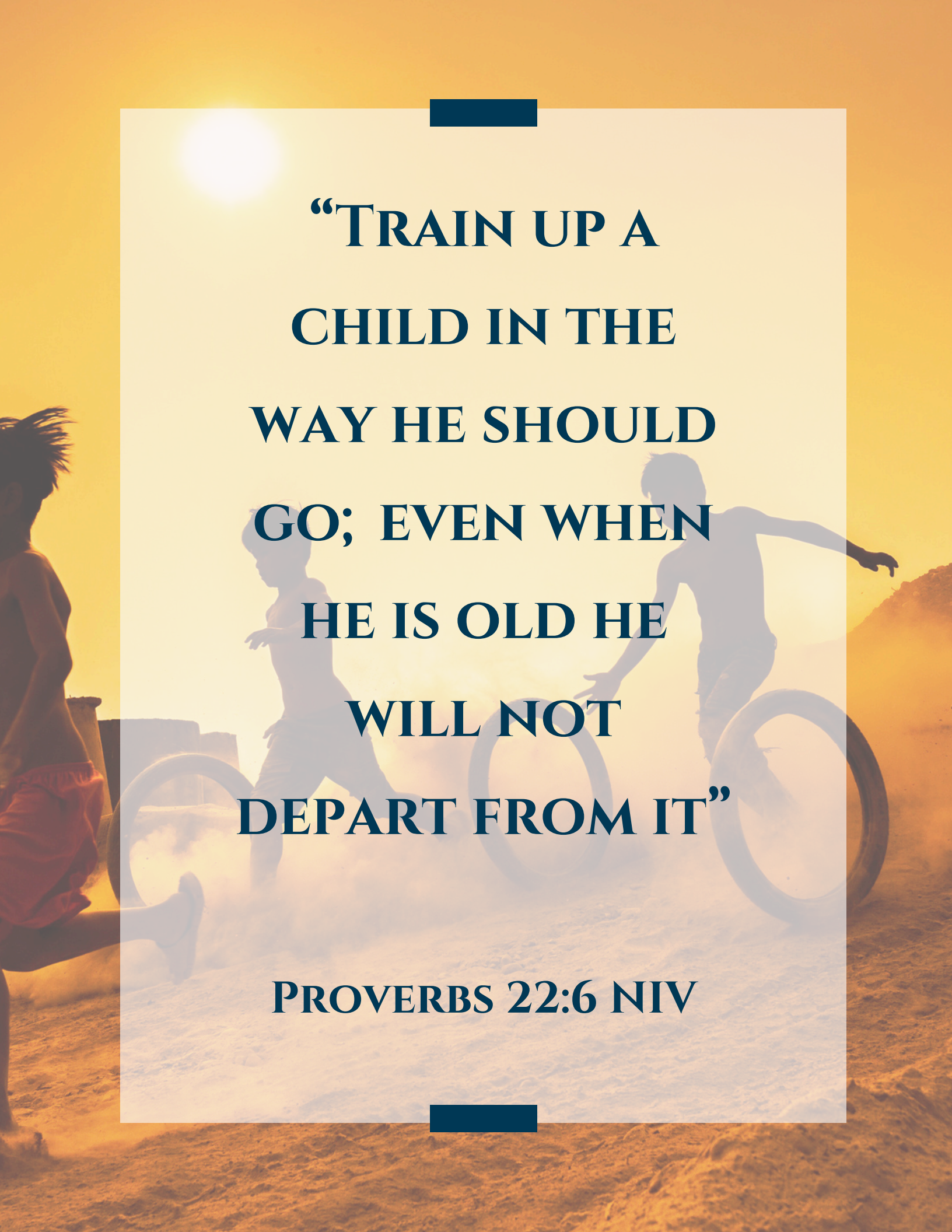


There are so many good memories of our intentional weeks together. We have had many great summer vacations too, but getting away to somewhere warm during the cold winter is especially nice.



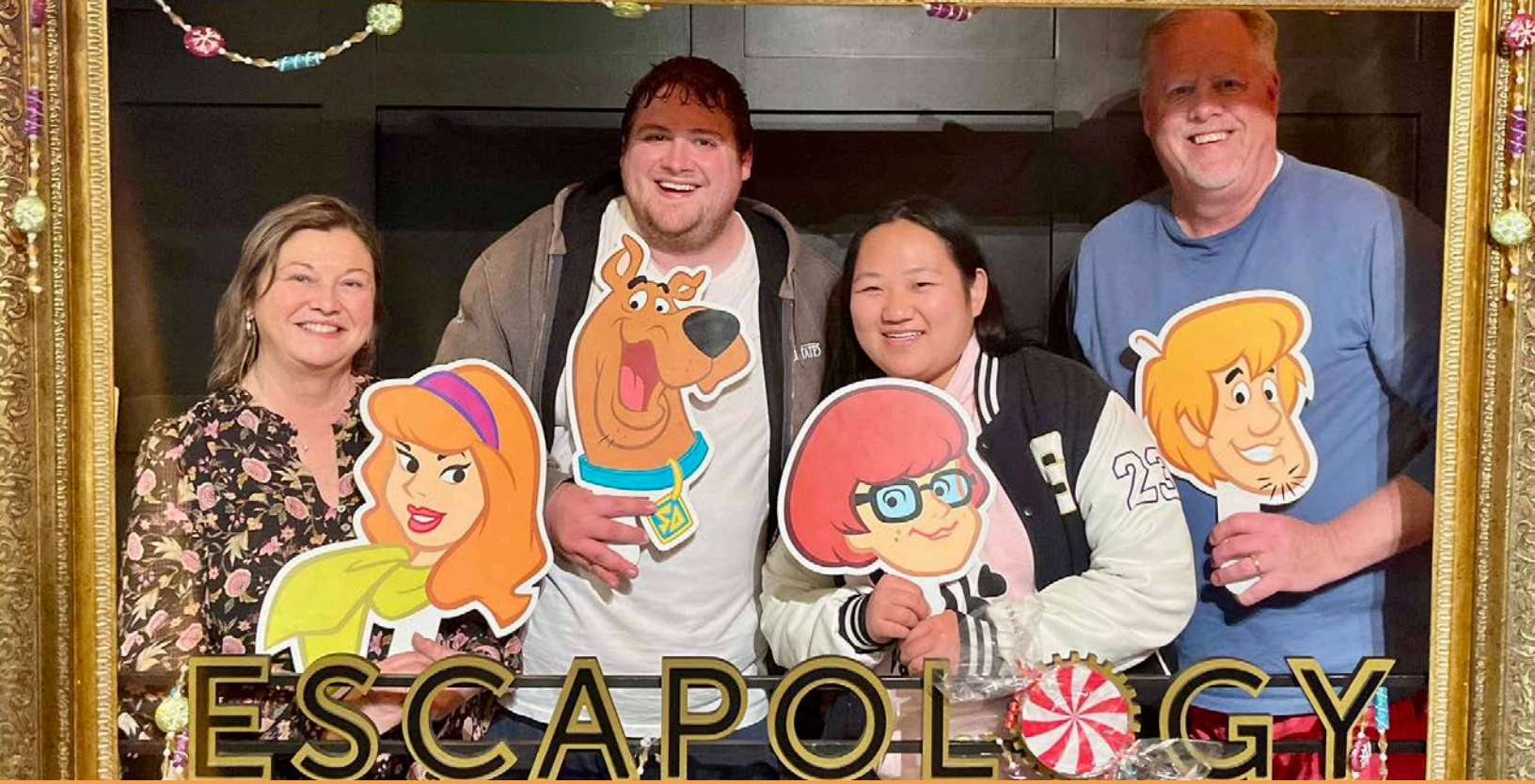
When my kids were little, we enjoyed things like mini golf, amusement parks, water parks, or all the above. As Cooper and Olivia became late teens and early adults, I noticed there was a gradual letting go of control. It was different, holidaying as four adults. Different in a good way. But there was a need for a shift in thinking. When our children were young, they had to adapt to our schedules and do things we had as traditions and plans. Now, they are ready to make their own decisions.



The background of the image shows a beach scene at sunset. The sky is a warm, golden yellow, and the sun is low on the horizon, creating a bright glow. In the foreground, several children are playing with large, dark tires on the sand. One child is on the left, partially visible, wearing red shorts. Another child is in the center, and a third is on the right, all appearing to be in motion, possibly rolling or pushing the tires. The overall atmosphere is one of active play and childhood.

**“TRAIN UP A
CHILD IN THE
WAY HE SHOULD
GO; EVEN WHEN
HE IS OLD HE
WILL NOT
DEPART FROM IT”**

PROVERBS 22:6 NIV



THERE ARE FOUR THINGS WE LEARNED ABOUT DEALING WITH OUR NEW ADULTS:

- 1 Boundaries need to be defined and implemented.
- 2 Maintain honesty and respect while communicating.
- 3 Trust our new adults' judgment and ideas.
- 4 Listen without offering advice unless it is asked of us.

When we ask their opinions and trust their insight, we can experience new adventures. This allows our relationship to continue to grow and evolve. Spending quality time with our adult children is good when we are open to them leading the way. We find out what they want to do, listen to what they have to say, and don't try to tell them what to do anymore; they are adults.

Going on vacation with your "kids" as adults can be a great experience. We learned things about Cooper and Olivia that we had never known before. And we learned from them, as they used to learn from us.



We maintain a parental bond and cherish the time spent together, even while adapting to our adult children's interests and schedules.

The exciting part is that as they become adults, they also help us create new experiences that we wouldn't have done alone. Doug and I will always be their parents, which mostly means we pay for everything on vacation. But the time we spend together is truly priceless. We have a great time with our new adults.

If you ask most parents, they say, "We did our best. We pray they can be all that God created them to be." Doug and I hope our adult children cherish the traditions and memories, too. We also pray, God willing, to have more vacations with them, those they marry, and grandchildren in the future.



"CHILDREN ARE A HERITAGE FROM THE LORD, OFFSPRING A REWARD FROM HIM," (PSALM 127:3 NIV).

VACATION



Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."



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Hello Friends...

I am an author, speaker, and encourager for women, suffering from mind, body, and spirit struggles so they can overcome and live joyously in their "New Self." I am a certified coach in Awake the Living and Loving Legacy.

I love encouraging and coaching other women to help them find confidence and live boldly in the beautiful place God created for them. Whether you are looking for a strong marriage, strong emotional health, and /or to raise strong and confident children, I can help you get there. Even if you struggle with bipolar like I have in my life. There is hope.



Becoming an Emboldened Overcomer© is a beautiful thing! We can get there together!

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"You're not alone and I can help."

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