

RELATIONSHIPS WITH ADULT CHILDREN

Navigate Changing Family Dynamics With Clarity And Care

	YES	NO
1 Have you had open conversations with your adult children about your retirement goals and plans?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you respect your children's independence while offering support only when it's welcome or needed?	<input type="checkbox"/>	<input type="checkbox"/>
3 Have you set clear financial boundaries to prevent misunderstandings or dependency?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you avoid giving unsolicited advice and instead offer guidance when asked?	<input type="checkbox"/>	<input type="checkbox"/>
5 Have you discussed how family traditions, holidays, or responsibilities may evolve post-retirement?	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you make intentional time to connect with your adult children in ways that honor your new phase of life?	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you found healthy ways to handle disagreements or differing values with your children?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you support your children emotionally without overstepping or trying to "fix" their problems?	<input type="checkbox"/>	<input type="checkbox"/>
9 Have you considered your adult children's input in your long-term care or legacy planning conversations?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you feel your relationship with your adult children is built on mutual respect and evolving connection?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: You Are Building Strong, Evolving Family Relationships: Your approach balances independence and support, helping you enjoy fulfilling connections with your adult children.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You've laid a foundation for healthy relationships—more communication and clarity can strengthen trust and ease.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Unspoken expectations or unclear boundaries may create tension—now is the time to reset, listen, and rebuild healthy connections.