

Adjusting when adult kids move back home

(MC) Etta James sang the song “At Last” in reference to finding love. But “at last” is a sentiment parents may express when their adult children are finally ready to move from their childhood homes and enter the “real world.” But just when moms and dads think the nest is empty for good, those fledglings may return to the roost. In the tumultuous economic climate of the day, it’s not uncommon for adult children to return home even after moving out.

It’s financially challenging to be a young adult right now. Intuit’s 2026 Prosperity Index found cost of living is the biggest money stressor for young people. A recent 10-country survey of roughly 10,000 young people between the ages of 18 and 34 conducted by the global professional services network EY found 60 percent still live with their parents. Forty-six percent of parents in Thrivent’s Boomerang Kids Survey indicated their adult children have moved back home.

Adult children who move back home often do so with their parents’ support, but that generosity can come at a cost. According to Alex Gonzalez, a Thrivent Financial Advisor, parents providing short-term support to adult children often find this support affects their long-term savings goals, particularly in regard to retirement, and may make short-term expenses like vacations more difficult to manage. Adapting to kids moving back home requires rules and boundaries for all involved. Here are some ways to handle such a transition.

- Talk about expectations. Moving back home doesn’t mean everything will be a free ride. Parents may have expectations that adult kids help cook, shop, do their own laundry, and participate around the house in various ways.

- Establish respectful boundaries. Both adult children and parents deserve privacy and respect. Each should agree on ground rules for living in the same house. While flexibility is necessary, adult children may need to give way on more issues as they are the ones in need of the support.

- Separate finances. According to Quorum, a financial services provider, adult children should keep their finances separate from their parents or other caregivers. They should have their own bank accounts and pay for discretionary items like gas and entertainment. Parents may consider charging their children some form of rent and insist on a monthly contribution toward utilities, should the adult child’s financial situation allow it.

- You might need to censor advice. Parents may want to squelch the impulse to give advice unless it is sought. It’s best for parents to avoid sounding like a broken record and offer a long list of “should have done this” regarding the need for a child to move back home.

- Establish weekly check-ins and frequent communication. Small annoyances can become big blowups if all parties do not come to the table regularly to discuss things calmly. It’s reasonable for parents to set goals and timelines regarding when the temporary room and board will end. This way adult children will be motivated to move on again.

Inflation, lagging job markets, rising cost of living, and student loan debt may result in adult children moving back home for a time. The transition can be made easier with open dialogue and rules.



Death



David Lloyd COOKE
1976 - 2026

It is with a great sadness that we announce the accidental death of David Lloyd Cooke on February 14, 2026. He leaves to mourn his beloved wife Amanda Patenaude, his daughters Sarah and Kelly (sunshine of his life), mother of his children Marie Pier Sévigny, his parents Donald Cooke and Sandra Lessard, his brother Richard (Karine), his grandmother Lessard, as well as many other relatives and friends.

The celebration of his life will be held at a later date. A special thank you to all who were present on the scene, personnel at the B.M.P. Hospital, friends and neighbours. Arrangements entrusted to the Désourdy Funeral Home, 101 Jean-Besré, Cowansville, QC, J2K 0L3, 450-263-1212, www.desourdy.ca.

C'est avec une grande tristesse que nous vous annonçons le décès accidentel de David Lloyd Cooke survenu le 14 février 2026. Il laisse dans le deuil sa bien aimée Amanda Patenaude, ses filles Sarah et Kelly (les soleils de sa vie), la mère de ses enfants Marie Pier Sévigny, ses parents Donald Cooke et Sandra Lessard, son frère Richard (Karine), sa grand-mère Lessard, ainsi que plusieurs autres parents et amis.

Une célébration de sa vie aura lieu à une date ultérieure. Un remerciement bien particulier à toutes les personnes présentes sur la scène de l'accident, au personnel de l'hôpital B.M.P., ainsi qu'aux voisins et amis. Les arrangements ont été confiés au salon funéraire Désourdy inc, 101 rue Jean-Besré, Cowansville, QC, J2K 0L3, 450-263-1212, www.desourdy.ca

Death



Juanita Willey
1951 - 2026

It is with deep sadness that we announce the passing of Juanita Gladys Willey-Wighton, age 74, of Mansonville, who passed away peacefully on January 26, 2026. Juanita was the beloved youngest daughter of the late Gladys and Albert Willey, and a cherished sister to Lorraine Willey (late Eugene Cote).

A gifted and passionate crafter, Juanita found great joy in creating with her hands - spending countless hours knitting, crocheting, and tending to her flowers. Some of her most treasured moments were spent crafting alongside her granddaughters. “Party Day” held a special place in her heart, as it meant quality time and supper out with her granddaughters, Savannah and Amelya, whom she adored deeply.

Juanita was also a dedicated and active member of her community. She served with commitment and care on the District of Bedford School Board and the Eastern Townships School Board, holding numerous positions over more than 20 years of service.

She was predeceased by her loving husband Douglas Wighton. Juanita will be lovingly remembered by her daughter Tara Graves (Shawn); her grandchildren Joshua, Savannah (Max), and Amelya; and her much-loved pets Jingles and Squeaky.

A memorial service will be held on Sunday, March 1 from 2 p.m. to 4 p.m. at the Anglican Church in Mansonville, with Mable Hastings officiating. Interment will take place later.

In lieu of flowers, donations in Juanita’s memory may be made to The First Responders of Mansonville or Mansonville Elementary School.

Arrangements entrusted to

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