

Joanne McHugh

Preparing parents and their 20-somethings for what to expect while navigating young adulthood

Joanne McHugh is on a mission to help parents better prepare their 20-somethings for young adulthood.

She created the weekly online newsletter "**Things Your Mom Should Have Told You**" to help 20-somethings better navigate young adulthood. By speaking candidly about the ordinary struggles of adulthood, offering common-sense wisdom, and throwing in a few laughs, she hopes to help reduce anxiety about becoming a grown-up.

Joanne is passionate about showing empty nesters how vulnerability and sharing candid stories from their own young adult years can help build trust and intimacy with their adult children. She is eager to help parents transition to the "guide on the side" stage of parenting, better understand Gen Z, and embrace the opportunity to become the compassionate, on-call guides their kids actually turn to.

While she adjusts to her planned, yet somewhat unwelcome, obsolescence now that her three daughters are grown, Joanne distracts herself by reminiscing about growing up Gen X and curating throwback photos on Instagram. She lives in the Philly suburbs with her husband of 35 years, a Lab, two cats, and grown children who are occasionally in residence.

Expert Topics

Tales Your Grown Children Wish You Would Tell Them

How Vulnerability and Honest Stories Build Deeper Intimacy Than Advice Ever Could

Every Generation Panics: Why Your Gen Z Kid Is Going to Be Fine

How Generational Context Explains What You're Seeing in Your Kids

What I Learned When My Kids Moved 3,544 Miles from Home

Why It's (Probably) Not About You and the Unexpected Bonus Gifts

Unpacking the Suitcase: A Story of Midlife Transformation

How a Recurring Dream and Cancer Scare Led One Mom from Silence to Connection--and Sparked a Creative Second Act

What to Expect While Adulting: Your Unfiltered Story Is The Manual Your Kids Need

How Sharing Your Pivots, Wrong Turns, and Hard Lessons Prepares Them



Things
Your Mom
Should Have
Told You

A weekly online newsletter offering wit and wisdom for navigating young adulthood

www.thingsyourmomshouldhavetoldyou.com



www.joannemchugh.com



[@joanne_mcq](https://www.instagram.com/joanne_mcq)



facebook.com/joanne.mchugh.750



joanne_mchugh@msn.com

Featured On (click images to access clips and content)

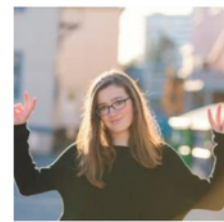
WHERE
PARENTS TALK



MIDLIFE
MOMMA



GROWN &
FLOWN



THIS EMPTY
NEST LIFE

