

Joanne McHugh

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

Joanne McHugh is on a mission to share all the things we should tell our kids about young adulthood.

She created the weekly online newsletter "**Things Your Mom Should Have Told You**" to help 20-somethings navigate young adulthood. It provides guidance on handling the dilemmas that tend to arise in your 20s, offers food for thought about the big picture of building a life, and gives the 411 on things young adults need to know to fend for themselves.

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 also supports parents by offering insights on coping with the empty nest and finding renewed purpose by serving as on-call experts for their kids about "What to Expect While Adulting." And after years of studying Gen Z, she's happy to share what she's discovered about the pragmatic, socially conscious Digital Natives among us.

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

Stories your grown children wish you would tell them: How tales from your young adult life prepare them and deepen your relationship

Things we should tell young adults about what to expect while adulting: How sharing the truth helps them navigate the realities

Dear X, About Z: The 411 on how Gen Z's young adulthood is shaping up to be different from yours

Are the kids as prepared as we think for young adulthood? Equipping them to fend for themselves in an age of extended adolescence

Closing the Bank of Mom and Dad (without going broke or becoming bitter): Smart strategies for launching financially independent adults

Parenting across miles and time zones: Staying close when your grown child builds a life far from home

Featured In

VIDEO INTERVIEW



ESSAYS ON GROWN & FLOWN



EMPTY NEST
When Your "Grown and Flown"
Moves Out of Town



COLLEGE APPLICATIONS
Why I'm Keeping My Daughter's
Universe of Universities to Myself



FAMILY HOLIDAYS/SPECIAL OCCASIONS
Photo Christmas Card: When You
Know It's Time to Give Up The
Tradition



Things
Your Mom
Should Have
Told You

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



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