

The 10 Commandments of Aging Motherhood

Thou shalt not make unreasonable demands of your children.

Thou shalt not be an enabler, continuously giving handouts to an able-bodied adult child.

Thou shalt not give unwanted advice.

Thou shalt not "tidy up" when visiting in their homes nor overstay your welcome when visiting.

Thou shalt not make snide remarks about the son-in-law or daughter-in-law.

Thou shalt not complain about your personal problems.

Thou shalt not give gifts simply because you like them.

Thou shalt not pry into their personal lives.

Thou shalt not bring up painful memories in conversation.

Thou shalt not fret when they don't call or visit as frequently as you would like.

Remember that they have their own lives to live.