



How to survive... living with your parents

If you are among the quarter of young adults still living at home with Mum and Dad, read on!

Around a quarter of young adults in the UK are living with Mum and Dad, the highest number since records began in 1996. They are the victims of rising house prices, a difficult job market for young people, and, worst of all, they now suffer the mental anguish of living with someone who used to brush their teeth for them. If you are one of them, these tips might help you to survive.

Do your share of the cooking, cleaning, and washing-up.

Don't let yourself go into 'child mode' just because it's the house you grew up in. Housework is just as tedious for your parents as for the rest of us. Do your share, or you lose the right to call yourself an adult.

Save, save, save.

The major advantage of living at home is the price. Unless your parents are charging you full market-rate rent (in which case, surely move?) you should be able to squirrel away some money. If you're working, living at home, and not saving any money, you aren't planning for the future at all. It won't end well.

Have an exit plan.

Know how, if not exactly when, you plan to leave. In the darker moments of parent-child co-habitation, when you see in your parents' behaviour a worrying image of the kind of person you might end up being, the knowledge that you have an escape plan will be the only thing that keeps you sane.

Go out. A lot.

Of course you and your parents love each other very much, but that doesn't mean you like each other. Frankly, if you've lived together all your life and you don't sometimes hate them, you haven't been paying attention. So go out.

Get to know these strange new housemates.

This is as good a time as any to find out about your parents' past history. Learning to see them as individuals, and not just as people who are there solely to look after you both physically and emotionally, will make you a better person. It will also make it easier to forgive them when they irritate you beyond belief.