
**About the Author:** Apter is a social psychologist at Cambridge University and the author of the widely acclaimed books, *The Confident Child* and *Altered Loves: Mothers and Daughters During Adolescence*, which was a New York Times Notable Book of the Year. Internationally renowned, she makes her research available to the general public through articles in *The Guardian, The Independent, The Times*, and regular commentaries on BBC radio.

**Summary:** The threshold years are a time when childhood and adolescence end and adulthood is “supposed” to begin. Apter emphasizes that we expect young people of this age to leave home and family, and become independent. However, many youth do not feel confident about this transition from life at home to being on their own. Apter notes that it is very important for parents to provide continued emotional support for their “emerging” adult.

Being grown up does not happen at a certain age or with a single event. Often, many emerging adults look for such marker events to define themselves as grown up. Common events include moving away from home, going away to college, beginning a career, getting married, having children, and supporting oneself financially. And, while it may appear that these young adults are grown up, inside they are struggling to define themselves, according to Apter. Just as early on in their adolescence, the emerging adult is also trying to create an identity.

Apter offers five ideas for parents that will help their children during the threshold years. Convey the message that the parent-child bond is strong. Get to know the child as they change: ask questions and pay attention. Offer assistance and practical help in day-to-day activities. Create support that enables the thresholder to create solutions for themselves. Finally, acknowledge their hopes and offer practical guidance to help them achieve their goals.

**About the reviewer:** Amy Bohac-Taylor holds a B.S. in Earth Science from Northeastern Illinois University and a former graduate student at Northern Illinois University.