

*They may not know what to do or say*

*“I was really concerned that my daughter was having trouble having kids. I felt that I couldn’t approach her and ask her because if they wanted to tell me, they’d tell me. I guess I feel it’s not my business and I felt that I may be invading her privacy. So I’m left wondering if I do nothing, will she think I don’t care or if I ask and she is having problems, will she get angry and cut me out altogether?”*

– Shirley, 56

It can be a tough job to sit back and watch someone you care about suffer. It can be like that for your parents. They may be watching you go through hell and not be sure what to do.

Some parents face a dilemma. They want to give you space because you’re your own person, so they don’t say anything. But they may start feeling by not saying anything they’re not actually helping. They may be dying to know what’s happening in your life, but not wanting to tread on your toes.

Or they may be trying to help, but just don’t know how to relate. They may press too hard, only to be met with a reaction that they don’t know how to deal with. Or they may be trying to say the right thing, but their misunderstanding of your situation means that they say or do the wrong thing – meaning you snap and they are now wondering what they can actually say or do.

*Talking to your parents about a topic you don’t talk about anyway*

*“In talking with our parents, we didn’t really discuss our infertility. We’ve never really been intimate with my parents in talking about our sex life or stuff like that. In a way, there was this unspoken boundary and it was just left hanging in the air. That was convenient for us in regard to my parents.”*

– Anthony, 38

Few people are comfortable talking with their parents about intimate issues anyway. Perhaps it’s the generation gap. Most generations in history haven’t really liked talking to their parents about much, let alone intimate issues. Perhaps it’s a carryover from our teenage years when