



Tips for Grandparents Raising Grandchildren

By Dana Fried, Assistant Director, Kinship Care Clearing House, KinKconnect, www.kinkconnect.org

When parents are unable to raise their children due to substance abuse, sickness, military deployment or other reasons, grandparents are often the ones who step in. According to Generations United, there are about 7.8 million children in the U.S. who live with grandparents or other relatives that are the head of household.*

Raising a second generation brings many rewards, including the fulfillment of giving your grandchildren a sense of security, developing a deeper relationship, and keeping the family together. It also comes with challenges; parenting grandchildren requires adjustments and triggers a range of emotions. With some guidelines and support, grandparents make a difference in children's lives.

* <https://brandongaille.com/21-statistics-on-grandparents-raising-grandchildren>

Continued on next page

IN THIS ISSUE

In This Issue

Tips for Grandparents Raising
Grandchildren

Focus on Health

Mindful Walking

Sharing Circle

Resource Spotlight

Activity Center

Trivia

The following are tips for grandparents raising grandchildren:

1. Acknowledge your feelings about parenting again; the good and the bad.
2. Make your health and self-care a priority. Go to the doctor, take your medications, exercise, get enough sleep and eat for good nutrition regularly. Taking care of grandchildren requires you to be healthy first.
3. Support is crucial. Talk to a friend, connect with a grandparent support group, and reach out to the community for childcare help.
4. Acknowledge your grandchildren's mixed feelings. When children suffer separation, emotional neglect or trauma/abuse, these wounds take time to heal.
5. Encourage open communication. Grandchildren may resent separation and wish to return to a parent, regardless of circumstances. They may feel a sense of abandonment and need comfort and support, especially if they act out in difficult ways.
6. Encourage contact with parents. It is generally healthy for some form of contact between parents and children, though there may be times when it is not possible or in a child's best interest. Options include calling, video chatting, sending cards, letters and emails.

Overall, parenting grandchildren can be a special time that can be enjoyed with the challenges.

For more tips, please visit www.HelpGuide.org. For additional resources on kinship care, e-mail or call our warm line at warmline@kinkconnect.org, 877-KLG-LINE (KLG-LINE) or visit our website at www.kinkconnect.org.

What are Alternative Treatments for Pain?

In last month's issue, we discussed the use of cold therapy or heat therapy to treat chronic pain as alternatives to treating chronic pain with non-opioid or opioid pain medications.

Some other alternatives are massage or vibration, TENS (transcutaneous electrical nerve stimulation), and braces and body supports.

Massage or vibration – The use of hands, rollers, or electronic devices can be used to relieve muscles and reduce sensations of pain

TENS – These electronic devices can be used to stimulate nerves and block pain signals

Braces and body supports – These products can relieve pressure on injured parts of the body, such as the knee or lower back, to reduce pain and restore function

Remember to always talk to your doctor before using a new therapy. Also, it is important to remember that it may take time to find the treatment that works best for you.

In next month's issue, we will discuss meditation and exercise.

Activity Center

Can you figure out the answers to these riddles?

These riddles are from: <https://parade.com/947956/parade/riddles>

1. What has to be broken before you can use it?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. A little girl goes to the store and buys one dozen eggs. As she is going home, all but three break. How many eggs are left unbroken?
4. There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?

Answers on back page.

Trivia Time!

What year did the first Americans land on the moon?



Sharing Circle

Who in history do you admire and why?

I admire Eleanor Roosevelt. She was a woman before her time. She traveled as the eyes and ears of her husband. A column she wrote for a newspaper was always interesting and thought provoking. My daughter remembers I spoke of my admiration over forty year ago and it hasn't wavered. - Arlene



We want to hear from you for next month's issue! **What is a piece of wisdom that you would like to hand down to others?**

Email your answer to mflynn@cafsnj.org or call Marigrace at 201-740-7098.

Mindful Walking

Choose a quiet and secluded area or path and begin to walk at a natural pace. Keep your mind focused on the experience of walking and how you feel as you take steps and maintain balance. Use all of your senses to be present in the moment and enjoy walking without having a destination. What do you hear? See? Smell? What does your body feel like as you move? As your mindful walk ends, take a pause and stand still to end the practice. Reflect on how you can bring this mindfulness through your day.

Reference: A Daily Mindful Walking Practice: Take a break and boost your mood with this 10-minute walking meditation. <https://www.mindful.org/daily-mindful-walking-practice>

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

Marigrace Flynn: mflynn@cafsnj.org

Celebrating Seniors Online
<https://www.tcadr.org/virtual/celebratingseniors>

www.tcadr.org  @TCADR  @TCADR

ANSWERS

Trivia: 1969 – On July 20, 1969, Neil Armstrong and Buzz Aldrin became the first humans to ever land on the moon.

Riddles: 1. An egg, 2. A candle, 3. Three, 4. There aren't any – it's a one-story house.

Resource Spotlight:



NEW JERSEY ADOPTION
RESOURCE CLEARING HOUSE

“The-One Stop
Resource for
Those Touched
by Adoption”

www.njarch.org
(877)-427-2465

NJ ARCH is a web-based service that provides adoption advocacy, support, education, information and resources to pre-adoptive and adoptive families, birth parents, adoptees and adoption professionals throughout New Jersey.



“An Information
Center for Kinship
Families”

www.kinkonnnect.org
(877)-554-5463

KinKonnnect is an information and resource service for families raising children through kinship arrangements or through Kinship Legal Guardianship (KLG).

NJ ARCH and KinKonnnect are Programs of Children's Aid and Family Services www.cafsnj.org.

**If you or a loved one needs
help accessing addiction
services and support...**

**Confidential hotline services available
24/7 to serve Bergen County**

