

PARENTING AGAIN

A Resource for Grandparents Raising Grandchildren
and Others Involved in Kinship Care



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A Grandparent's Role

The word grandparent has a variety of meanings. It can mean playmate, confidant, mentor, and nurturer, just for starters. Sometimes you add the new role of parent. How many hats did you wear today?

Grandparenting Options: What Roles do Grandparents Play in a Child's Life? <http://civitas.org/grandparenting.html>

Adjusting to Parenthood



The first time you became a parent, it was a big adjustment.

Becoming a parent again as you have become older may be a bigger adjustment.

It's a time to look at the positives of Parenting Again.

One definite advantage is others frequently judge your age based on the age of your children.

You have.

the secret to eternal youth.

Raising a different generation helps you keep up on the most recent technology. Take advantage of your child's knowledge. Receiving parental love from another child is an absolutely wonderful thing.

In many ways, you are a very lucky person.

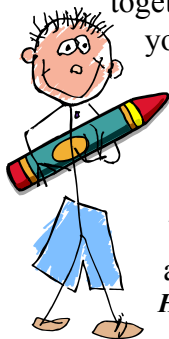


"Good family life is never an accident but always an achievement by those who share it."

-James Bossard

Reading and Writing Go Together

Show your preschooler how reading and writing work together. Gather five or six pieces of paper and fasten them together with ribbon or a stapler. Encourage him to tell you a story of his own making. As he tells the story, write it down on a page of your book and ask him to draw a picture about it. Read the story together from time to time; add other stories when you can. Even though he can't read or write yet, he will begin to understand the connection between reading and writing.



Helping Your Preschool Child, U.S. Department of Education, www.nochildleftbehind.gov

A GREAT WAY TO RELAX



Instead of having your child watch television until the time she goes to bed, turn it and the telephone off by a certain time. Then encourage reading as a way to relax before going to sleep.

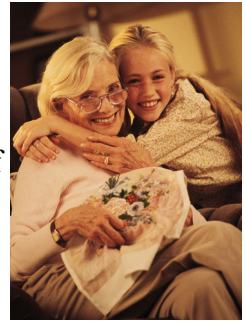
Sometimes these kinds of changes take some time to make happen, but stick with it. We know that reading is a lot more helpful to your child than television or talking on the phone.

The Power of Listening

The Loving Thing

We know it is important to spend time with our children when they are little. But we need to remember that it is also important as your children grow older. Figure out what activities you can do together as a family. Ask for his input. Make sure one of your family times is having dinner together most nights of the week.

Even if you have been parenting your grandchild for a while, most parents at times are at a loss for words when it comes to communicating with a child much younger than themselves. No need for concern. Experts tell us that at least half of any conversation with any child should be spent listening. You also needn't feel as though you have to have an answer for all of her questions. Sometimes it's more fun, even a better learning experience, to search for answers together.



Kettman, S. M., *The 12 Rules of Grandparenting: A New Look at Traditional Rules and How to Break Them*, Checkmark Books, NY, 1999.

"Kind, loving words seldom go in one ear and out the other."

-Unknown



It's A Fact

According to a 2004 study of 15 – 20 year old drivers, 29% of the drivers killed in motor vehicle accidents were drivers who had been drinking. The question is not whether or not your child is old enough to drive, but rather, is he responsible enough. Talk about responsible driving together.

Underage Drinking Data, www.centurycouncil.org



You Aren't Alone

Most grandparents raising grandchildren or relatives raising other's children aren't old. In fact, we sometimes illustrate this newsletter with older looking people just to make a difference between young parents and parents the second time around. However old you are, know that the world is impressed with your ability and willingness to reach out to these children when they need you.

- More than 6 million children are being raised in households headed by grandparents and other relatives.
- 2.5 million children are in grandparent-headed households without any parents present
- 2.4 million grandparents report they are responsible for their grandchildren living with them: 29% of these grandparents are African American; 17% are Hispanic/Latino; 2% are American Indian or Alaskan Native; 3% are Asian; 47% are White.
- 71% of these grandparents are under the age of 60.
- 19% of these grandparents live in poverty.

U.S. Census Bureau Table DP-2. Profile Selected Social Characteristics: 2000.



A Look at Homework

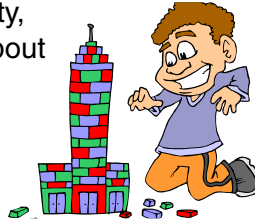
Kids complain a lot about homework. But it is important for parents to realize that most kids don't spend very long studying after school. Actually, homework today averages about 25 minutes a day. That is close to what it was in 1981. The best way to keep homework manageable, no matter what amount, is to establish a routine even in the early grades. Figure out a place that can regularly be used for studying. Be close by to answer questions and to help when things get frustrating. Your role isn't to take over your child's assignments but help when you are needed. That lets your child know that homework is something you value.

Child, February 2004.



Play Helps Children Grow

Play is not simply a way for your child to pass time. Play helps her form friendships, stimulates her curiosity and creativity, helps her make discoveries about her world, and prepares her mind for school. Play is serious work. Allow plenty of time for play each and every day. Her brain and her body need it.



Play: Why is Play Important?, <http://civitas.org/play.html>

Be In The Know

Know WHERE your child is, WHO he is with,
WHAT adults are supervising, and WHEN he will be home.
It just makes sense and it shows caring.



A Plan

Does your family have a plan for what would happen in an emergency?

Hurricane Katrina is one more lesson for all of us to have a plan.

Talk together about where you would meet if you were in different places.

Have a common person away from the area who each of you could call

to see where other family members are.

Use this time for your family to talk together about how to be safest in any emergency.

This is a good time to show everyone how to change the batteries on the fire alarm.

Being a parent is a lot of things, but easy is rarely one of them.

-Unknown

A Bad Combination

What your teen needs to know: The main, active ingredient in marijuana temporarily affects a person's reflexes and coordination, which impairs judgment and makes driving "under the influence" extremely dangerous. Combine this with alcohol consumption and a car becomes a lethal weapon. If he needs to get high to have fun with his friends, perhaps he needs new friends.



The Dangers of Marijuana, <http://life.familyeducation.com>

Retire the Old Crib



No matter how much you loved the old crib you used for your first child, don't use it now for another child. She needs a safe place to sleep. Crib safety, like everything else, has really changed. Information from the National Center for Injury Prevention and Control, lists suffocation as the number cause of "unintentional fatal injury" for infants. Find out if the crib you are planning to use or are using is safe by searching the internet for "crib safety" where you will be able to check on the kinds of things you need to know to keep your child safe. Don't forget to have her sleep on her back. That's new too.

Grandparents: Focus on the Child, Safety, www.aarp.org/families/grandparents.org

Sign Up For Parenting Again

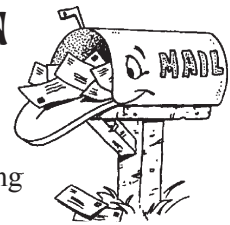
If you are a grandparent who is raising a grandchild or parenting another's child, sign up for this free monthly newsletter brought to you by Parenting Matters Foundation. Send us the following information to PO Box 3323, Sequim, WA 98382

or call us at (360) 582-3428 or toll free

(866) 943-5437. You can also email us at grg@parentingmatters.org.

This information is only used to send you this newsletter. We need the following information:

Name _____
Address _____ City _____ Zip _____
Phone _____ email _____
Child(ren)'s name(s) & date(s) of birth _____



Today's graduates require skills and knowledge we couldn't begin to imagine even 10 years ago. We must all work together — parents, teachers, students, and communities alike — to insure all students receive the education they need to succeed."

-Dr. Terry Bergeson, Superintendent of Public Instruction

Know About Inhalants

Almost as many young teens have tried inhalants as have tried marijuana in an effort to get high. It is clear parents need to understand some of the facts about inhalants.



What are inhalants? Anything that emits fumes or that is in an aerosol form can be inhaled by your child to produce a high. There are many types of inhalants, including nitrous oxide (laughing gas), amyl nitrite (poppers, snappers), and butyl nitrite (rush, bolt, locker room, bullet, climax). Also included in this group are aerosol sprays (e.g. spray paint and cleaning fluid), and hydrocarbons such as gasoline, glue and paint thinner. The fumes from many household products can be inhaled to produce a high, such as lighter fluid, hair spray, whipped cream cannisters, typewriter correction fluid, paint, and nail polish remover.

How can you tell if your child is among them? Check for paint or stains on clothes, rags, or bags, look for an unusual odor on her breath or clothing, or sores around her mouth. Other signs of inhalant abuse include nausea, loss of appetite, anxiety and restlessness. Inhalant use is not to be taken lightly. It can cause brain damage or even death. Know what your teen is doing.

Inhalant Abuse Fact Sheet, The Partnership for a Drug-Free America, www.drugfree.org

A Little Extra Help

Check out some of these support groups that meet to talk about the issues of parenting again.

CLALLAM AND JEFFERSON COUNTIES: Grandparents Raising Grandchildren meets the second Wednesday of each month at 10 a.m. at First Teacher, 220 W Alder, Sequim, room 4W. Call Carolyn Lindley at 452-3221 for more information.

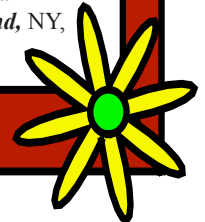
GRAYS HARBOR AND PACIFIC COUNTY: Call Polly McCalister at 360 538-2458 for more information.

Be Consistent

Your child will respond best to your authority when she knows how you will react.

When you are consistent, she doesn't need to test the rules, because she knows what you will do.

Wyckoff, J., and Unell, B., *How to Discipline Your 6-12 Year Old Without Losing Your Mind*, NY, Doubleday, 1991.



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