

The Comfort of Home™

# Grand-Parenting News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

## Teen Boys & Girls React Differently to Upsets

### *Girls React With Emotions; Boys Distract Themselves*

Ever wonder why teenage girls can seem more stressed out and depressed than teenage boys? A recent study may explain it.

Teenage girls have more *stressors* in life, especially in their friendships, than boys. They also *react* more strongly to those pressures, accounting in part for higher levels of depression.

Girls age 13 or so experience depression more often than boys of a similar age. Teenage girls report more stress events in life than do teenage boys.

Teenage girls also see upsetting events in a catastrophic way. For example, a simple argument with a friend may be viewed as the end of a friendship. Where girls respond with depression when upset, boys tend to distract themselves by playing sports or some other activity. Caregiving adults can step in and suggest ways—apologizing, forgiving—to heal the relationship.



### *Helping Smooth the Way*

It helps to pay attention to what boys and girls are experiencing at home and in their relationships. Being available and emotionally supportive helps them adjust more quickly while learning to deal with life's upsets. Letting them hear stories about how you got through disappointments with friends in the past will help them put the situation in perspective.

SOURCES: Child Development, January-February 2007; WebMD Inc.

### **Apologize**

Help your grandchild think about how another person may have felt because of what he or she said or did. When he stops to think about the other person's feelings, he begins to feel sorry for his behavior. After apologizing, he might feel a little better and the other person probably will, too.

### *Inspiration*

*They say that time changes things,  
but actually you have to  
change them yourself.*

*~Andy Warhol*

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## Autumn Activities to Do with Your Grandchild

- ☞ **Go hiking** around the neighborhood past the boundaries that the child, alone, is permitted to go. Pack a lunch and find a fun place to eat it.
- ☞ **Make caramel apples** together.
- ☞ **Make hot chocolate** together.
- ☞ **Plant bulbs in pots** on a windowsill or in the garden together and in the spring enjoy the beautiful flowers.
- ☞ **Go to a pumpkin patch** and pick your own pumpkin.
- ☞ **Take a walk in a park** or in the woods and look at the fall colors. Collect “found objects” from your walks and keep them in a jar or vase by the door.
- ☞ **Carve a jack-o'-lantern** for Halloween together. (Drawing on the pumpkin with markers can be just as entertaining and a lot less challenging and messy.)
- ☞ **Prepare food** together.
- ☞ **Collect colorful fall leaves** and iron them between waxed paper to preserve them.

Source: <http://family.samhsa.gov/> and click on “Get Involved.”



## Caring for Adult Children—Know Your Limits

Sometimes, because an accident left a child disabled, parents must continue to care for their children long after the child moves into adulthood. Maybe the adult child suffers from progressive conditions such as multiple sclerosis or Huntington's disease or has developmental disabilities.

As you age, it will be more difficult to give the same level of care that you once did. Be careful if caregiving is taking a physical toll on *your* health and realize your physical limitations and ask for help. Call your local Area Agency on Aging to find out about respite programs in your area.



## Taking Care of Yourself

### Journaling for Better Health

Being the caregiver of grandchildren is an emotional time—it's normal to be fearful and anxious about the responsibility. A good way to manage emotions and give yourself a sense of control is to write down your feelings by keeping a journal. You may think journaling is a waste of time, but studies show that it reduces stress, lowers blood pressure and heart rate, and it helps control pain.

There are no rules for journaling, but here are some ways to make it more effective:

- Write every morning, ideally as soon as you get up. However, there will likely be days when you don't feel up to writing more than a few thoughts. That's fine—even a sentence or two will help you keep track of how you are doing.
- Feel free to write anything—and everything—you want. Your journal is private. Don't worry about what anyone else might think about what you say or how you say it. Keep the journal in a private place, and for your eyes only.

## Live Life Laughing!

So Grandpa, what's the best thing about being old?

*It beats the alternative and I can finally get away with stuff!*



## Teens & Driving

**Car crashes caused by teen drivers are the #1 killer of teens.** In the United States, 6,000 teens die in car crashes every year—the equivalent of 12 fully loaded jumbo jets. Teen drivers cause most of these lethal car wrecks. Wearing seat belts reduces the chance of being injured by 45 percent. Talking on a cell phone while driving gives the teen a reaction time of a 70 year old. Talk to your teen about the importance of wearing seat belts and never driving if using drugs or alcohol.

Source: [www.allstate.com/teen](http://www.allstate.com/teen)

## Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride and competence.

## Ordering Info

*The Comfort of Home*™

Grand-Parenting Newsletter is published quarterly by CareTrust Publications LLC  
PO Box 10283  
Portland, OR 97296  
800-565-1533 or  
[www.comfortofhome.com](http://www.comfortofhome.com)

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## Colicky Baby?

It may have been a long time since you walked a colicky baby, so here are some tips to brush you up on what to do.

When it seems your grandbaby is crying for no reason, he may have colic. It is very common and will usually stop at about four months. Try gently rocking the baby or taking him for a walk in the stroller. Get someone to help care for the baby when you need a break. Call the doctor or nurse if the baby cries more than three hours or acts sick when *not* crying.

Source: *What To Do When Your Child Gets Sick*, Institute for Healthcare Advancement, [www.inha4health.org](http://www.inha4health.org).

