

*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 ”

## Positive Grandparenting

### *Lifting Spirits in the Home*

Raising children is hard enough, but seniors face extra challenges in raising grandchildren. This is especially true if children have emotional or behavioral problems resulting from problems faced by their birth parents. Older parents need to find extra energy to take care of little ones.

Doing and saying positive things with kids can boost the energy and morale of the whole family.

### *Enjoy Healthy Activities with Children*

Quality time together is good for adults as well as children. Spending time with someone else doing a fun activity together helps us relax, re-charge and feel good. Some activities to make time for each week:

**Go to the library** — Pick out and read books together. Check out a couple to take home. Checking out books is free, and libraries often provide story time and other free activities for children.



**Go outside** — Visit playgrounds, the zoo, or take a walk, either out in nature or through city streets.

**See the sights** — Look for family-friendly museums, concerts, plays and movies.

**Play games** — Playing cards or board games helps children learn how to take turns, follow directions and share activities. Modify the rules to suit the child's age. Sometimes kids need to feel like they "win" the game, and sometimes they're ready to learn that it's okay to "lose" too.

**Do projects** — Find old magazines, cut out pictures, and paste them onto pages to make your own "book" together. Look for pictures and words about food to make a "restaurant menu." Make a book with pictures of animals from different parts of the world. Create a "family album" with magazine pictures of people of all ages doing activities together.



**Look at photos, books, maps and albums together** — Discover people, places and stories by looking at your family history and pictures of the world.

### Be a Positive Force for Your Grand-child's Self-Esteem

Children need to hear great things about themselves every day. And giving compliments helps us feel good, too. Here are many ways to say "Good job":

*You've got it made, You're on the right track now, You are very good at that, That's much better, I'm happy to see you working like that, You're doing a good job, That's the best you've ever done, I knew you could do it, Now you'll figure it out, Now you have it, Great, Keep working—you're getting better, You make it look easy, That's the right way to do it, You're getting better every day, You're really growing up, Nice going, You did that very well, FANTASTIC!, You're really improving, SUPERB!, Keep it up, You've got that down pat!, TREMENDOUS!, Good thinking!, Keep on trying, I've never seen anyone do it better, I like that, I'm very proud of you, I think you've got it now, You figured that out fast, That's really nice, You're right, CLEVER!, That's great!, Way to go, Now you have the hang of it, When I'm with you I feel like singing!, GOOD WORK!, I'm proud of the way you worked today, You've just about got it, THAT'S IT!, Congratulations!, That's quite an improvement, I sure am happy you're my daughter / son / student, etc., You're learning fast, Good for you, Couldn't have done it better myself, You really make being a parent teacher / caregiver fun, One more time and you'll have it, You did it that time, That's the best ever, FINE!, Wonderful, That's better than ever, I appreciate your hard work, Now that's what I call a fine job, You must have been practicing, You're doing beautifully, Right on!*

Source: Adapted from 98 Ways For a Teacher to Say "Very Good" by Wintergreen, a supplier of materials for preschools and elementary schools; Canadian Childcare Federation.

## Prevent the Spread of Germs

Washing hands is the best way to prevent the spread of germs. Here are tips on doing it right:

### Washing hands with soap and water:

1. Wet your hands with clean running water and apply soap. Use warm water if it is available.
2. Rub hands together to make a lather and scrub all surfaces.
3. Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
4. Rinse hands well under running water.
5. Dry your hands using a clean towel.



**Sanitizer Gel** If soap and water are not available, use alcohol-based sanitizer gel to clean hands:

1. Apply product to the palm of one hand.
2. Rub hands together.
3. Rub the product over all surfaces of hands and fingers until hands are dry.

### NOTE

Alcohol-based products are harmful or fatal if swallowed. Keep hand sanitizers out of the reach of small children.

## Taking Care of Yourself

According to Meals on Wheels, "Seniors living with a grandchild were about 50 percent more likely to be at risk of hunger compared to those with no grandchild."

If you don't have enough food for yourself, look to some of these resources:

- Hospital cafeterias: Some hospital cafeterias offer hot meals for just a couple of dollars.
- Churches: Churches often provide snacks after services, offer potluck events, and can collect food donations from members for people in need.
- Food banks: Check the Yellow Pages for numbers for local food banks.
- Eldercare Locator: Call (800) 677-1116 or go to [www.eldercare.gov](http://www.eldercare.gov) to ask about resources in your area.
- Meals on Wheels: Go to [www.mowaa.org](http://www.mowaa.org) and click on "Find a Meal." Type in your city and state to find local services or call (703) 548-5558.



## Inspiration

"I grew up with six brothers. That's how I learned to dance—waiting for the bathroom."

~Bob Hope

## Live Life Laughing!

"The one thing children wear out faster than shoes is grandparents."



## Counseling Can Help

We are all under added stress with the economic crisis and may need help addressing issues that cause us emotional pain or overwhelm us. Talking with a trained professional counselor can be beneficial.

Seek assistance from a counselor if you feel you can no longer manage a problem on your own or see problems as getting worse, not better. Seek out help from a counselor who will listen to your problem, ask questions, and aid you in clarifying what the problem is and how you want to deal with it.

Source: <http://family.samhsa.gov/talk/counseling.aspx>;  
Substance Abuse & Mental Health Services Administration

## Our Purpose

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

## Ordering Info

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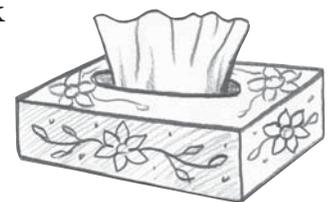
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## ***When should you wash your hands?***

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

Source: <http://www.cdc.gov/cleanhands>



**Don't underestimate the power of hand washing! The few seconds you spend at the sink could save you trips to the doctor's office.**