

**SPRING  
2010**

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Caregiver Support Program

Grandparents Raising Grandchildren Program is sponsored by  
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**GRG NEWSLETTER**

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## Creating A New Relationship With Your Adult Child

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<http://edis.ifas.ufl.edu/fy435>

Authors: **Millie Ferrer-Chancy, Larry F. Forthun, Angela Falcone,  
and Joe Pergola**

As a result of parenting your grandchildren, you may experience changes in your relationship with your adult child—your grandchildren's parent. Whether your new role was planned or has resulted from a crisis, a change in your relationship is bound to happen. You may experience mixed feelings depending on your situation. Assuming responsibility for your grandchildren puts your adult child in the role of co-parent. Some adult children may accept this responsibility while others may not. Some may be invested in making lifestyle changes, while others may respond with anger or resentment.

If you are having difficulties in your relationship with your adult child, maintain open lines of *communication*. Avoid jumping to conclusions, using unkind words, or blaming. Instead, be a good listener and try to see things from your child's point of view. Agree to disagree if you are unable to resolve conflict right away, yet return to the conversation in order to seek common ground. Although your primary responsibility is for the health and well-being of your grandchildren, be sure to separate your feelings about your adult child from your grandchildren's feelings about their parent.

Likewise, *encourage visits* between your grandchildren and their parents. But first, be sure the visits are consistent with any legal decisions about visitation. Then, make visits part of your grandchildren's routine. Plan visits in advance and be clear about your expectations for the visit. Frequent unplanned visits can often disrupt your grandchildren's routine, leading to behavioral or emotional problems. Set limits that you are comfortable with and enforce them. Don't be afraid to say NO!

Finally, *learn to let go*. There are a variety of reasons why grandparents may find themselves raising their grandchildren. If you are raising your grandchildren because your adult child is not a fit parent, let go of any frustrations you may feel. Also, let go of any guilt you may feel about your own parenting. You may sometimes ask yourself what you did wrong as a parent that led to your adult child's behavior. Remember, your child is an adult and can make her or his own choices as well as experience the consequences of those choices. Their actions and choices are their responsibility; so...

**It is not your sole responsibility to fix things!**

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The Grandparents Raising Grandchildren Program provides a variety of resources including support group meetings, resource information, referrals for assistance, quarterly newsletters, and a yearly retreat. For additional information contact:

Debra Stokes ☎ 373-4816 (Greensboro) or 884-4816 (High Point)

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# The Buzz on Insect Repellents

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Excerpted from <http://pediatrics.about.com>



Spring is here and the insects are buzzing. Insects (mosquitoes, gnats, chiggers, ticks, etc.) commonly bite children and can make them miserable. There are many safe and effective insect repellents that you can use to protect your grandchild, including those that use deet, citronella, or soybean oil. Remember to only use products that are approved for children, follow the manufacturer's instructions and wash off the insect repellents when you return indoors.

Insect repellents with deet are probably the best and most commonly used. Although it is absorbed through your grandchild's skin, it is generally safe as long as the product has less than 10% deet. You should apply the deet product to all exposed skin, except near the eyes, mouth, open cuts or hands of small children (who may rub their eyes or put their fingers in their mouth). Deet is absorbed through the skin, so you may want to limit how much you put on younger children, wash it off as soon as possible, and apply it more to clothing than skin.

Although deet insect repellents are effective for several hours, they do wash off with water and sweat, and you may have to reapply them to be most effective (follow the product's instructions to be safe). Other insect repellents that are generally safe in children include those made with Citronella (Avon's Skin-So-Soft) and soybean oil (Bite Blocker).

Remember that insect repellents do not protect against most stinging insects, including wasps, bees and fire ants. To keep your children safe from insect bites, you can also:

- Make sure to keep as much of their skin covered with clothing as possible, including long sleeve shirt, long pants, socks, and a hat.
- Wear light colored clothing, so as not to attract bugs.
- Avoid using any scented soaps or other products on your baby, since the fragrances can also attract insects.
- Apply insect repellents to clothing instead of to skin so that it won't be absorbed.
- Wash off insect repellents as soon as possible.
- Avoid areas with insects nest.

And most importantly, follow the instructions, including age restrictions on any insect repellent you are considering using.

## Fun in the Sun

**GRG BEACH TRIP**  
Friday-Sunday, April 23-26  
Myrtle Beach, South Carolina

Grandparents Raising Grandchildren Support Group members are invited to enjoy a leisure-filled, fun-packed weekend of respite in Myrtle Beach, South Carolina.

*For additional information, please contact Debra Stokes at 373-4816.*

## Free Caregiver Workshop

**CAREGIVER "TIME OUT"**  
Tuesday, April 6 11AM-2PM  
Youth Focus

A fun-filled "time out" event for caregivers of grandchildren or older adults. Guest speaker is Leslie Sanders, Certified Laughter Leader.

- Bingo
- Prizes
- Fellowship
- Lunch

*To register, call Paulette Elway at 884-4816 (High Point) or 373-4816 (Greensboro & All Other Areas).*

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# Make Time to Play

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*Excerpted from <http://www.myoptumhealth.com>*

Grandparents and grandchildren often enjoy a deep and unique bond. Planning fun things to do together can strengthen this attachment. These activities can be as simple as reading a book or doing a puzzle together. Special trips or events are also a nice treat and a break from the routine for everyone.

## Why make time for each other?

Both generations benefit from spending time in each other's company. Young children learn from the experiences and wisdom their grandparents share. And grandparents may feel younger - or at least young at heart - when they stay active and engaged.

## Fun ways to be together

Activities should be pleasant and interesting for both grandchild and grandparent. Here are some ideas:

### *At home:*

■ **Play dress-up.** Go through your closet and set aside unused clothes for pretend play - the more vintage and outlandish, the better. Add shoes, handbags and costume jewelry, too. Let your grandchild choose clothes for both of you to wear.

■ **Do a puzzle.** Pick out a jigsaw puzzle together at the store, and when it's done, use puzzle glue to create a keepsake the child can hang on his or her bedroom wall.

■ **Make portraits of each other.** Use crayons or paints to tap into your inner artists. Display your grandchild's artwork.

■ **Cook or bake together.** Even very young children can follow simple directions and help mix batter or shape dough. Keep track of what you make together in a blank journal. This is a great way to pass on heirloom family recipes.

■ **Work in the garden.** Start in the cooler months by planning what you'll grow, and map out where things will go in the garden. Come spring, shop together for seeds and supplies and make a weekly date to plant, prune and harvest.

■ **Share a special hobby.** Whether you knit, collect coins, go fishing or play cards, involve your grandchild in these activities. They're a wonderful opportunity for learning.

### *Excursions:*

■ **Take a class together.** With parental permission, sign up for a gym, music or art class with your grandchild. Some towns even offer free classes like this for kids and grownups to do together.

■ **Take in a show.** Keep an eye out for local productions of kid-friendly productions. Your grandchild's favorite television character may even be coming to a stage near you.

■ **Visit the park.** Go to the playground or just take a leisurely nature walk.

■ **Head to a local museum.** It doesn't even have to be a special one just for kids—although those are certainly fun. Children of all ages can benefit from a trip to an art museum.

■ **Spend the day at a farm.** Kids will love picking their own produce and visiting with any resident animals.



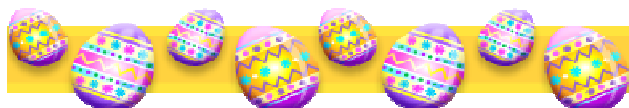
**Have Fun— Create Memories!**

# An Egg A Day...

*Excerpted from <http://www.healthdiaries.com>*

With the Easter holidays approaching, many of you may be planning to take advantage of the seasonal store discount on eggs. The following is a list of the ten health benefits of eggs, but remember, this doesn't count if they are chocolate.

1. Eggs are great for the eyes. According to one study, an egg a day may prevent macular degeneration due to the carotenoid content, specifically lutein and zeaxanthin. Both nutrients are more readily available to our bodies from eggs than from other sources.
2. In another study, researchers found that people who eat eggs every day lower their risk of developing cataracts.
3. One egg contains 6 grams of high-quality protein and all 9 essential amino acids.
4. According to a study by the Harvard School of Public Health, there is no significant link between egg consumption and heart disease. In fact, regular consumption of eggs may help prevent blood clots, stroke, and heart attacks.
5. Eggs are a good source of choline, an important nutrient that helps regulate the brain, nervous system, and cardiovascular system.
6. Eggs contain the right kind of fat.
7. New research shows that moderate consumption of eggs does not have a negative impact on cholesterol.
8. Eggs are one of the only foods that contain naturally occurring vitamin D.
9. Eggs may prevent breast cancer. In one study, women who consumed at least 6 eggs per week lowered their risk of breast cancer by 44%.
10. Eggs promote healthy hair and nails because of their high sulphur content and wide array of vitamins and minerals. Many people find their hair growing faster after adding eggs to their diet.



## Oven-Scrambled Eggs

*Excerpted from <http://www.healthrecipes.com>*

*Recipe is great for company-low stress and easy. Just remember to set a timer to remind you to stir the eggs every few minutes*

- 12 eggs
- 3/4 cup skim or 1% low-fat milk
- 1 teaspoon salt, optional
- 1/4 teaspoon pepper, optional (6-12 servings)

In large bowl, beat eggs and milk with salt and pepper, if desired, until blended. Pour egg mixture into lightly greased 13 x 9 x 2-inch baking pan. Place in preheated 350° F oven. As mixture begins to set, after about 7 minutes, pull out oven rack and gently draw an inverted pancake turner completely across bottom and sides of pan, forming large, soft curds. Continue baking. Repeat drawing a few more times until eggs are thickened and no visible liquid egg remains, about 12 to 15 minutes more. Do not stir constantly.

## Almost Fat Free French Toast

*Excerpted from <http://www.mrbreakfast.com>*

- 2 slices bread (wheat works well)
- 1 tbsp milk
- 1 egg white
- 1/4 tsp vanilla
- 1/4 tsp cinnamon
- Dash nutmeg
- Dash cloves (1 serving)

Stir everything together in a flat dish (not the bread!). Soak bread for about 2 minutes on each side. Fry on griddle (using non-stick spray) until nicely browned on both sides, about 4-5 minutes.

*Here is an idea for Easter Eggs for toddlers. Use spray bottles with color water & let the toddler spray the eggs. Eggs can either be white or already dyed. This way toddlers can participate as well.*

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# QuickLINK: Online Tool for Grands

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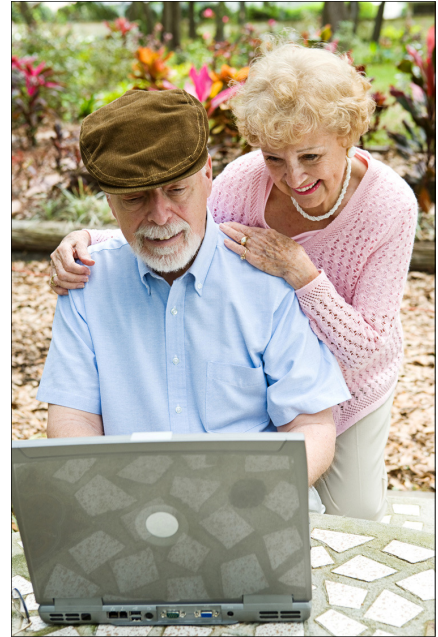
*Excerpted from <http://www.aarp.org>*

Raising children takes a lot of money. Any parent can tell you that. Grandparents who are raising their grandchildren in “grandfamilies” have an even harder time making ends meet. The same holds true for relatives like aunts and uncles who are raising others’ children.

There is good news, though. Many government programs could help some grandfamilies pay their bills. These are called “public benefits” programs. Some programs could help grandfamilies pay for food and electricity. Other programs could help these families pay other monthly expenses. Some programs could provide you with health insurance and help you pay the premiums.

Do these programs come as a surprise to you? You’re not alone. Many grandparents do not know about public benefits programs or how to apply for help. Have you tried to get help and had no luck? Join the club. Sometimes, grandparents get the wrong information when they ask about programs that could help them raise their grandchildren.

The AARP Foundation wants to help families like yours. The Foundation’s Benefits Outreach Program has a new online tool. It’s called Benefits QuickLINK. This tool can help adults who are 50+ find out if they or the children in their care qualify for any of the 15 benefits included in the tool. Benefits QuickLINK is free. It is easy to use. And it is fast. It will take you only 20 minutes to use the tool. This could be the most important 20 minutes you’ve ever spent on a computer! The tool could connect you with the help you need to raise your grandchildren.




## **Benefits for Adults**

Visit Benefits QuickLINK ([www.aarp.org/quicklink](http://www.aarp.org/quicklink)) to see if you qualify for any of these 10 benefits programs. All of these programs help older people who have a limited income: Medicare Savings Programs, Medicare Prescription Drug Coverage, Medicare Rx Extra Help, State Prescription Drug Assistance Programs, Medicaid for Aged, Blind, and Disabled, Food Stamp Program, Low Income Home Energy Assistance (LIHEAP), State Property Tax Relief/Rebates, Supplemental Security Income (SSI), and Telephone Assistance (Link-Up and Lifeline).

## **Benefits for Children**

Benefit QuickLINK also has a special section that focuses on benefits for, or related to children. Visit this section to find out whether the children you are raising will qualify for benefits from these five programs: Earned Income Tax Credit (EITC), Medicaid for Children, State Children’s Health Insurance Program (SCHIP), Supplemental Security Income (SSI) for Children, and TANF Child-Only Grant.

You can use Benefits QuickLINK on any computer connected to the Internet. First, log on to [www.aarp.org/quicklink](http://www.aarp.org/quicklink). Then, answer a few simple questions. Benefits QuickLINK will give you information about each public benefit for which you or your children or grandchildren may qualify. You may be able to download an application for a program right on the spot. You might also be able to apply for benefits online.

 No computer? Call 1-888-OURAARP (1-888-087-2277) or  
Senior Resources of Guilford’s SeniorLine:  
Greensboro (336-333-6981) High Point (336-884-6981)

# Spring Craft Project for Grandfamilies

Excerpted from <http://crafts.kaboose.com>

Legend says that anyone who kisses the Blarney Stone of Ireland will be blessed with eloquence. You and your grandchildren can make your own "Kissed" Blarney Stone to celebrate St. Patrick's Day or to use as a paper-weight.

Supplies: ■ Rock ■ White and Green Acrylic Paint ■ Sponge Applicator

## How to make it:

1. Using sponge applicator or large paint brush, paint the rock white. Let dry.
2. Print lips patterns and cut out. Trace around the lips lightly with a pencil onto the rock.
3. Paint the lips green and let dry.
4. Outline the lips with gold paint pen.
5. Use gold paint pen to add other decorations to the rock such as swirled lines and circles. Cover the entire rock with glitter glue and let dry.



## Tips:

1. Green glitter glue can be used on the lips.
2. Paint pens are available from discount department stores and craft supply stores.
3. The color green is associated with St. Patrick's Day because it is the color of spring, Ireland, and shamrocks.

## Grandparents Raising Grandchildren Support Group Lunch & Learn Meetings

One-hour educational seminars which are typically led by community experts and focus on issues such as family law, advocacy, child custody, stress & behavioral management, nutrition & fitness, working with schools, and planning for the future.  
Lunch provided.

### Times & Locations

Youth Focus (Teen Folk Center)  
3910 Clifton Road  
Thursdays 11:30-1:00 PM

YWCA High Point  
112 Gatewood Avenue  
3rd Tuesday 11-1:00 PM

Registration for these free meetings is required.

To register contact:

**Debra Stokes, Program Director**  
**373-4816 x 231**



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Community Partner

**eliminating racism  
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**In Partnership with the YWCA  
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Support Program**