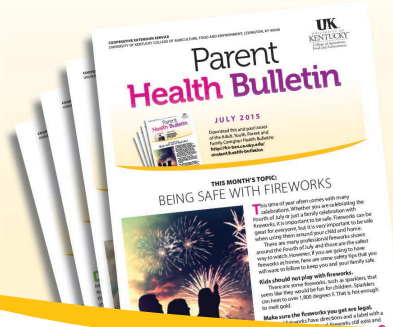


# Parent Health Bulletin



NOVEMBER 2015

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## THIS MONTH'S TOPIC:

# THE GIFT OF GRANDPARENTS

**E**ven if your children are not able to be with their grandparents often, encouraging a relationship between them can actually be a benefit to both. As people are living longer, there is more opportunity for grandparent and grandchild relationships. In fact, there are about 80 million grandparents living in the United States.

When you encourage both your children and their grandparents to be together, it enables grandparents to influence a child's life in a positive manner. Whether the grandparents are near or far, here are some ways you can help encourage relationship between your children and their grandparents.

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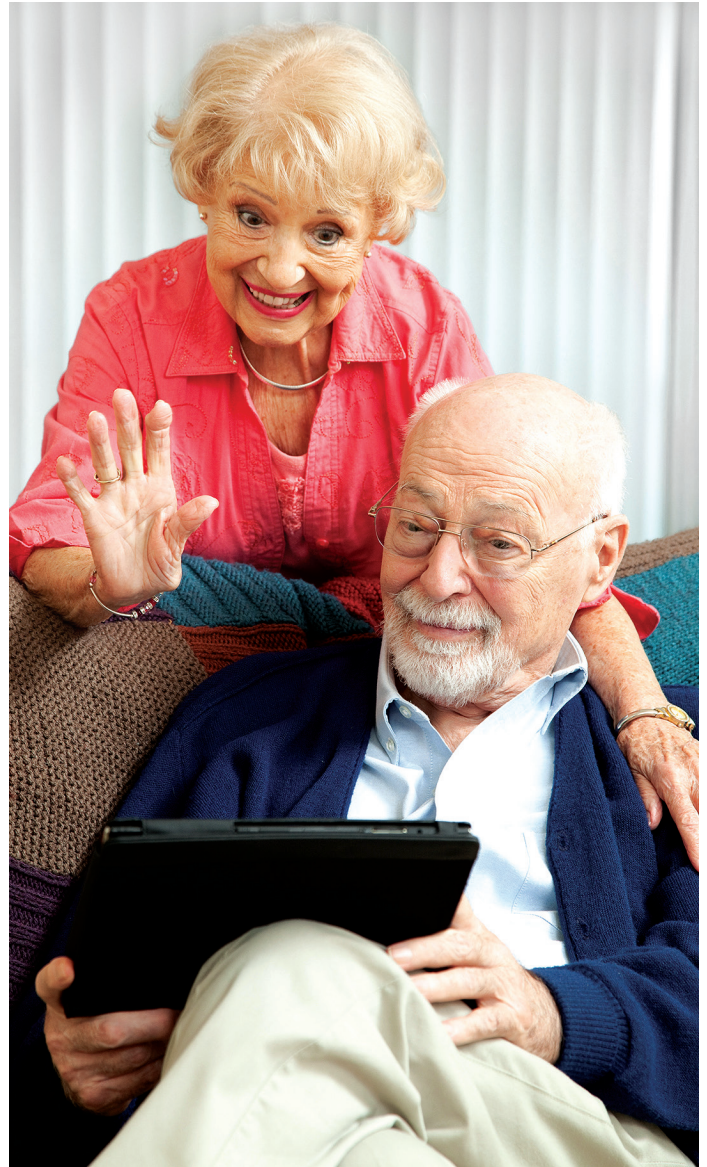
# Nine out of ten adult grandchildren feel their grandparents influenced their values and behaviors.

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## If grandparents live far away

If grandparents do not live close, children may not see them often. Technology can be a great way to help them stay in touch. Services such as Skype and FaceTime allow your children to talk and see their grandparents with video chat. This can be a great way for your children to see their grandparents more regularly, even if they are not in the same room. If both you and the grandparents have access to a phone or computer with internet connection, these services can help everyone stay connected. If you cannot video chat, your children can also just use the telephone. Encourage your children to talk to their grandparents and tell them about their adventures. You may even encourage a grandparent to read a story over video chat or the telephone. It's a great way to stay in touch.

*Services such as Skype and FaceTime allow your children to talk and see their grandparents with video chat.*



## When your grandparents are close by

There are many benefits when grandparents live nearby or even with you. Grandparents can be a great source of information and help with your children. Encourage your children to talk to their grandparents about life when they were the age of the child. What did they do? Encourage them to talk about what kind of hobbies they had. Perhaps the grandparent can teach the child a new hobby such as quilting, woodworking or knitting. Your children could also learn a lot about family history from their grandparents. Talking about and charting the family tree is another great activity that children and grandparents can do together.

Grandparents are very important people in your child's life and they can be a lot of fun for your

child. Whether grandparents live close to home or far away, encouraging your children to have a relationship with them is beneficial for both.

### SOURCES:

- Nemours (2013). Bonding with Grandparents. *Kidshealth.org*
- American Sociological Association.(2013). Strong grandparent–adult grandchild relationships reduce depression for both. [http://www.eurekalert.org/pub\\_releases/2013-08/asa-sgg080613.php](http://www.eurekalert.org/pub_releases/2013-08/asa-sgg080613.php)

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Health Bulletin

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