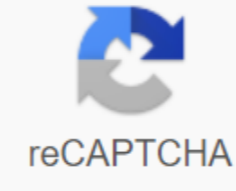




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Grandparents as parents ppt

If you've ever turned to your parents or your partner's parents for help and support for child rearing, you know how wonderful grandparents can be. Although physical distance and parental differences can come between grandparents, their children and grandchildren, fostering a close relationship can benefit everyone involved. Benefits of Liaison Connecting with Grandparents is ideal for children in many ways. Grandparents can be role models and positive influences, and they can give a sense of cultural heritage and family history. Grandparents provide their grandchildren with love, have their best interests at heart, and can make them feel safe. Grandparents also encourage a child's healthy development. One-night trips to Grandma's, for example, can be less traumatic than sleepovers with their peers and can help children develop their independence. Another advantage - grandparents can have a lot of time to spend playing with and reading to children. Such attention only improves a child's developmental and learning skills. Tips for staying in touch in today's world, however, families can be scattered across the country, and jam-packed school and work schedules can interfere with regular time with grandparents. Despite the physical distance or busy schedules, you can encourage your children to develop a closer bond with their grandparents. Try these tips: Visit often. If your child's grandparents live nearby, make an effort to save time in your busy schedule for regular visits. Encourage grandparents to visit your home, too. Plan regular excursions to see grandmothers and grandfathers from outside the city. Even if visits are infrequent, anticipating and planning the next trip can help your child consider this moment to be special. Stay in touch with technology. Use your children's phone, email, Skype, etc. to talk, write and send photos and sound files of your children to grandparents. If they don't have a computer, send videos of the kids in action. Or ask a grandparent to record a reading of a favorite story and play it for your child at bedtime. Say cheese. Post snapshots of grandparents in your home and report them to your children often. Or keep family photos in a special photo album and make a page while naming family members. Call by mail. The love receiving mail, whether it's an email or a letter in the mailbox. Encourage communication by emailing your child — children and grandparents expect regular communication to be communicated. Or, if you prefer the old way, send grandparents a box of stationery and postcards and some stamps and ask them to write regularly. Pass it on. Many grandparents have hobbies or special skills - such as knitting, woodworking, or cooking - that they would like to pass on to their grandchildren. Give your children the time and tools to learn these skills from their grandparents. Draw a family tree. Younger and older children like to learn their ancestors and their parents. Encourage grandparents to share family stories. You can even provide paper and drawing supplies (or genetics software) so they can trace the family tree. Safety away from home Whether grandparents live nearby or plan to visit, remember to make safety a priority. Grandparents may not be used to having young children in the home, and the dangers of housekeeping could mean trips to the emergency room. Use a household safety checklist and work with grandparents to protect the home, making dangerous items — such as cleaning products, medicines, razors and knives — out of reach or locked in a cupboard. Consider walking through the house with grandparents to look for any potential safety hazards. They may not realize that small items or breakable items pose a choking or safety risk. Taking these precautions in advance can free children and grandparents to make the most of their special time together. Reviewed by: Steven Dowshen, MD Date Reviewed: January 2017 Chart: Chelsea BeckThe last few weeks have been a trying time for everyone we are dealing with the coronavirus pandemic. But for many people (myself included), some of the most stressful moments came to discuss COVID-19 with our parents, grandparents and other older parents. Of course, there are some who have taken this seriously from the beginning and have followed all the guidelines, but so many others range from jaded about it to downright combative. Why a part of the elderly population doesn't take COVID-19 seriouslyWhen they are misinformed about how serious this epidemic is (maybe they get their news from sources like Fox News or Rush Limbaugh), in denial because they can't cope with the stress of the pandemic or are fully aware of the severity of everything is , but acting as everything is fine to protect their children, there are a number of scenarios that result in frustrating conversations, psychiatrist Zlatin Ivanov, M.D., says Lifehacker. Others believe it is just another virus comparable to the annual strain of influenza, and since surviving previous viruses, they feel as if they are also safe from it. In addition, the coronavirus outbreak may not seem threatening to some people because the public is not yet on massive lockdowns, says Dr. Virginia Thornley, M.D. People just can't understand that yesterday things were going well, 24 hours later all major sports are cancelled, then in five days the whole company is suddenly closed. We see school closures, public events [and] events of more than 250 [people], but that doesn't completely limit the spread if there are people walking around us who are already infected, she says. As long as there is no massive lockdown, most people will probably go about their normal business. Some will reduce their opening hours and about, others will continue to do what they do Do. We are all supposed to practice social distance these days, and if you visit regularly,... Read moreAnd regardless of age, the human brain is struggling to understand exponential growth, Shuhan He, MD, a physician in the Department of Emergency at Harvard General Hospital Massachusetts explains. People just can't understand that yesterday things were going well, then 24 hours later, all the big sports are cancelled, and then in five days the whole society is suddenly shut down, Lifehacker says. We are struggling to cope with any change that is incredibly slow (global warming) and incredibly fast (COVIDE). According to Dr. Kate Jansen, an assistant professor of psychology at the University of the Midwest and an expert in health communication, it is often difficult to have conversations about health, and recent events have made these conversations even more difficult. By thinking about effective communication skills and theories about changing health behaviour, there are ways to be more effective when talking to an older loved one about their well-being, she says. To help you prepare for these difficult conversations with some of the seniors in your life, here are some tips from mental health professionals on how to do the job (ideally without screaming and emotional depression). If even a student from my entire school gets sick with coronavirus, they'll call ... Read moreAvoid using the words elderly or vulnerableOne of the reasons our more mature population may not take this epidemic seriously is that they look at the news and see that it affects the elderly or vulnerable. But you will have a hard time finding someone, regardless of age, getting into one or the other of these groups. The same is true for the weak or the fragile. So when they hear about how COVID-19 affects people who fall into these categories, there is a good chance that they will immediately ignore the information. Instead, focus on concrete data that refers to real age (as in, numbers) instead of using terms like elderly and vulnerable. It can also help mention that Tom Hanks and Rita Wilson both tested positive. Hanks, 63, manages to be both mature and respected, while maintaining his youthful behavior. He is also rich and has access to the best of everything, so pointing out that even he and Wilson have the virus could put things in perspective. Reassure them that you can stay in touch with technologyIf your parent/grandparent/etc an iPhone or iPad, encourage them to FaceTime with you and their friends. The idea of social isolation can be scary for them (and anyone, really), so if they are able to see other people, that might help. If they don't have Apple products, browse the way to download Skype and use it instead. Another option is connected connected life which has features like creating a private social network for family and friends. It also has the ability to follow someone's movement. If you notice that a family member's activity level is decreasing or not interacting on the social stream, or that it's in a public place that's probably crowded, you can help redirect your family member, whether it's an older adult or a teenager, Sarah Hoyt, CEO of Connected Living, told Lifehacker. It was used as an opportunity to be more connected and present with each other, and was created before the beginning of this epidemic. Over the past few days I've seen terrible advertisements and articles tell you that you... Read more To their concernsThis is important in any communication, but is especially crucial when talking to the people of COVID-19. I think there's something to say to listen to people and try to hear their concerns, he says. Look, I'm a doctor at a large, associated hospital at Harvard University, one of the largest institutions in the world. All my life is talking in warnings, jargon and technical details because we always want to be technically correct. But this kind of thing doesn't work very well when it comes to changing the behaviors of ordinary people. Instead of just talking to people and rattling out all the reasons they're wrong, asking them about their concerns and addressing each one to the best of your abilities. This way you are able to perfect on exactly what is most relevant to them. Often, in high-stakes communication, we become so focused on our own message and concerns that we forget to listen to the other person, says Jansen. While you listen to their thoughts, repeat their message periodically. For example, if they say, I feel good, you don't need to worry — or whatever the message — reflect their main point: Right now, you're feeling good, so that doesn't seem to be a cause for concern. This method lets the other person know that you have already heard and understood their point of view, explains Jansen. When we feel heard, we are more open to listening. Using facts and figuresPark's cause because of the covid-19 cause is caused by a new strain of coronavirus, it can be difficult for anyone, not just parents and grandparents, to understand what it means. As a doctor in an emergency room, he asked many questions about this strain of coronavirus, and says he's trying to anchor to things we know and paint a picture. He usually says: We now have a virus that spreads like the common cold, but as deadly as a heart attack. The mortality rate for coronavirus and heart attack is essentially the same, at 15 percent for anyone over 55 years of age. Although we can get into all the technicalities, this is what all previous experiences and data show us. This is important take it seriously. If you use facts and guidelines from places like the Centers for Disease Control (CDC) and the World Health Organization (WHO) or local health services, you will need to familiarize yourself with them first. And if you want help deciphering everything out there and separating the facts from the fiction, Lifehacker has a whole section devoted to coronavirus with extensive coverage of the epidemic and ways to make your life a little easier during this complicated period. Will I get sick when I open a package? What about handling a library book? Is it safe to drink... Read moreDeten a message focusing on how they help others is easier to take action. Focus on helping othersHowthies sometimes difficult to make changes just for ourselves, but if we consider our actions in relation to how they will impact others, especially when it comes to older parents, grandparents and loved ones, it might be more effective. It's often easier to act on how they help others, says Jansen. For example, explaining that they are at increased risk of infection can deflect your lover — the mindset of you don't need to worry about me — while messages about helping others can invoke change more effectively, such as the message we want to keep you healthy so that we don't inadvertently spread the virus to your friends/grandchildren/spouses. Think about the detailsWhen having conversations like this, it can be easy for everyone involved to feel overwhelmed. Instead of trying to tackle everything in a conversation, focus on a specific thing that you want your loved one to change. Choose the most important behavior and let the rest go for now, Jansen said. [Say] I'd like you to let me deliver supplies for the next two weeks, rather than get you to the store is much easier to accept than a list of laundries in ways you want them to change their lives. Follow up and express your loveAfter your conversation, follow up and see how they are, if changes have been made, or if they are in a place where they are more ready to hear your concern, says Jansen. N end, keeping your relationship strong and showing your affection is the key.