

Parenting is Hard Work

April 2010

Parenting *Rules!*

GRAND-Parenting....

According to AARP over 5,000 grandparents in Rhode Island are acting as parents to their grandchildren. Caring for young children at this stage of life may not be what many of these grandparents imagined for their retirement years, but they find themselves in the role of parent once again.

Raising grandkids can be a lot different, but these same basic principals of parenting still apply:

- **Focus on the do's** instead of the don'ts
- **Establish rules** and be consistent
- **Set safe limits** that kids can understand
- Kids of all ages should always be **well supervised**
- **Join them in games** and activities that they enjoy
- **Give praise** often and provide encouragement
- Expect them to test the limits; **respond with patience**



Taking on the job of raising children in your later years can be overwhelming and exhausting. You are not alone; there are thousands of people in your situation in Rhode Island alone.

Don't be afraid to reach out for help!

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AARP Grandparent Information Center

1-800-424-3410

www.aarp.org/grandparents/searchsupport/

RI Foster Parent Association

401.438.3900

www.rifpa.org

The Rhode Island Department of Elderly Affairs Relatives as Parents Statewide Initiative

401.222.2894 ext. #319

lisadag@dea.state.ri.us

Adoption Rhode Island

401.865.6000

www.adoptionri.org

Grandparent Again

www.grandparentagain.com

ABOUT PARENTING RULES! E-NEWS...



Prevent Child Abuse
Rhode Island



Rhode Island
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Please share this information
with the families in your
programs. Thank you!