



HEALTH & WELLNESS NEWS



GREAT CIRCLE RECOVERY

Methadone treatment center in Salem offering free kid care while you visit.

Opioid Addiction can happen to anyone. So can recovery.

Recovery starts here

503-983-9900

Take your life back



GRANDPARENTS

In Oregon, 17,724 grandparents are responsible for their grandchildren.

RAISING GRANDCHILDREN

Here are some things that you can do now to provide the best care possible for your grandchildren while still taking care of your own health and well-being.

1

MAKING THE ADJUSTMENT

- Set up a daily routine (mealtime, bedtimes, etc.).
- Make room for them and their belongs so they feel that they're "home".
- Build communication and trust with your grandchildren so they know they can always talk to you.
- Practice positive discipline, emphasize on teaching instead of punishment.
- Set your limits and explain them to the children. Then, consistently enforce them.





2

FIND SHARED ACTIVITIES

- Read. Children love to hear stories and even older children may surprise you by sitting quietly as you read aloud.
- Get computer savvy.
- Join or create a grandparents raising grandchildren support group.
- Take up a sport or other outdoor activity.



3


TAKING CARE OF YOURSELF

- Talk to someone. This could be a friend, relative or professional.
- Take a break. A short time away from your grandchildren may give you some time to relax. Use a trusted adult who can provide short term care.
- Take a parenting class. A class may help you feel more comfortable with your status as a caregiver for young children.
- Learn to say "no". You don't have time to do everything. Learn to make priorities and eliminate the unnecessary tasks in your life.



A grandparent is a little bit parent, a little bit teacher, and a little bit best friend.


BROUGHT TO YOU BY THE ILAUNCH TEAM
 (LINKING ACTIONS FOR UNMET NEEDS IN CHILDREN'S HEALTH)
<https://www.childwelfare.gov/pubPDFs/grandparents.pdf>



It's never too late to heal from addiction.

Have a courageous spirit. Reach out now, for you and your children.

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