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Grandparents as Guardians: Navigating the Mental Health Journey

MENTAL HEALTH SERIES



Wellness & Wisdom

A grandparent's life journey often takes an unplanned detour when he or she becomes a parent to a grandchild. For some, navigating this journey feels comfortable, while for other grandparent guardians, it can feel daunting. As a grandparent stepping into a parenting role, you undertake a new responsibility that can be both rewarding and demanding.

As you embrace the role of a guardian, it's essential to prioritize not only the well-being of your grandchildren but also your own mental health. Taking care of yourself is the foundation for being able to offer the love, support, and care your grandchildren need. Self-care isn't just about physical well-being; it also includes nurturing your emotional health, setting boundaries, and finding time for activities that bring you joy and relaxation. When you take care of yourself first, you create a positive environment for both you and your grandchildren to thrive. By fostering your own mental and emotional health, you are better equipped to navigate the challenges and demands of your new role. Whether you seek support from others, practice stress-relief techniques, or simply make time for rest, investing in your own well-being ultimately strengthens your ability to be the loving and capable caregiver your grandchildren need.

self-care
routine

Turning Challenges into Triumphs

The reality is, grandparent guardians face unique challenges. However, while these challenges are tough, they also provide opportunities for growth. Here's a look at common hurdles and their potential benefits:

1. Age-Related Health Issues: Physical challenges may make caregiving harder.
 - Benefit: Grandparents offer stability and emotional support, teaching resilience.
2. Financial Strain: Limited retirement income or unexpected financial responsibilities.
 - Benefit: Overcoming this builds resourcefulness and a stronger bond.
3. Emotional Stress: Coping with grief or unexpected caregiving.
 - Benefit: Grandparents model healthy coping strategies, teaching resilience.
4. Intergenerational Gaps: Difficulty connecting due to generational differences.
 - Benefit: Sharing perspectives fosters mutual understanding and growth.
5. Balancing Roles: Transitioning from grandparent to full-time caregiver.
 - Benefit: Provides stability and joy in a close, nurturing bond.
6. Loss of Social Life: Grandparents reduced freedom for personal activities.
 - Benefit: Leads to a deeper connection with the grandchild.

Strength in Struggles

Turning Challenges into Triumphs Cont.

Parenting Style Conflicts: Differences in caregiving approaches.

- Benefit: Promotes collaboration and a supportive family environment.

Generational Differences: Struggling with modern parenting and technology.

- Benefit: Grandparents can learn new methods and stay connected with their grandchild.

Lack of Support: Limited access to daycare or parenting groups.

- Benefit: Builds creativity and community support.

More than 2.5 million children in the United States are growing up in "grandfamilies", according to national advocacy group Generations United's 2022 "State of Grandfamilies"

How Can I Help Myself & My Family?

1. Find a Support System: Join a support group or ask family, friends, and professionals for help. Connecting with others in similar situations can provide valuable support.
2. Access Resources: Take advantage of available services for grandparents raising grandchildren. Ask a professional for help if you're unsure where to find them.
3. Maintain a Positive Outlook: Viewing challenges with optimism and focusing on the benefits of raising your grandchildren can help reduce stress.
4. Take Action: Address challenges directly and seek assistance when needed to reduce stress and negative outcomes.
5. Engage in Self-Care: Prioritize your physical and mental health through exercise, healthy eating, and rest. Take breaks when needed.

6. Establish a Schedule: A consistent routine helps children, especially those from unstable homes, feel more secure.

7. Learn Discipline Techniques: Stay informed about current child discipline methods and issues that may affect your grandchild.

8. Use Open Communication: Let your grandchildren express their feelings, and avoid speaking negatively about their parents.

9. Set Limits: Set boundaries with your grandchild's parents to protect yourself and ensure a stable environment for your grandchild.



Children Thrive in Grandfamilies

Need help improving your own mental health?



ParentGuidance.org offers many free courses to help improve your own self-compassion, mindfulness, and coping skills to handle anxiety and daily stressors.

Works Cited

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