

*The Comfort of Home®*

# Grand-Parenting News

“ C A R I N G   F O R   Y O U ... C A R I N G   F O R   O T H E R S ”

## Separation Anxiety

Separation anxiety is a stage of childhood that starts between eight months and one year of age, but can continue as late as kindergarten. The child can be upset and afraid when you leave him, even if you only go to another room. During this stage, the child has not yet learned that when you leave, you will come back.

To help your child say good-bye, be cheerful and calm when you *return*.

The child will be reassured by your confidence and love and will slowly get used to you leaving and know that you come back. You can develop a goodbye that is fun for the child, such as a kiss and nose-rub. If you will be leaving the child with a new person, ask her to spend some time with both of you first, so the child can get comfortable with her. Expect anxiety to increase when the child is tired, starting a new school, or with a new caregiver.

### Tip

Nightlights in the bedroom, bathroom, and hallway help lessen children's fear of the dark. If the child is in a new place, practice walking together to the bathroom when most lights are off, so that he sees it's not too scary.

## Homesickness

It's very normal for kids to have fears about sleeping in a new place, whether it's the grandparents' home, a sleepover at a friend's house, or camp. When kids are in a new place, they have fears about how they will fit in. They wonder where they will sleep, go to the bathroom, and how they will be taken care of.

You can help ease those fears by taking them on a tour of the new place and saying, "This is your play area. Here is your bed. Here is where you can keep your toys and books." Make a ritual out of "personalizing" the child's space. Together, find a place for the special toy, a picture of a loved one or pet. You can hang a sign with his name on his door or over the bed, and show him where his backpack and jacket go.



### Note

If your child is repeatedly upset at being left with the same person, pay attention. There may be some problem with the care the child is getting.

## When to See the Doctor

### Taking Care of Boo-boos

Children often fall and have scrapes and bruises. A bandage should be used on a wound if it is likely to get dirty or banded. It is sometimes hard to know when it is important to have the injury seen by a doctor. Wounds requiring professional care are:

- ♥ puncture wounds.
- ♥ wounds containing dirt or other debris even after washing.
- ♥ animal or human bites, and face wounds that are more than superficial.
- ♥ wounds in people with diabetes.
- ♥ wounds that do not stop bleeding within 10 minutes.
- ♥ wounds with signs of infection, such as swelling and redness around a wound.



## Sex Talks

Kids should know about safe sex as early as middle school. Talk about pregnancy, contraception, sexually transmitted diseases (STDs), love, values, self-esteem, and how to handle peer pressure.

## Kids and Smoking

### Smoking Facts:

- Every day, more than 3,000 kids become regular smokers.
- Almost 90% of adult smokers started as children.
- Kids that smoke also have a higher incidence of other drug use.

There are two key things you can do to help prevent your child from smoking. First, if you smoke, you should quit. Children like to copy adults, so set a good example.

Second, talk to your child about smoking. Discuss the risks and dangers. You should let your child know that you disapprove, without lecturing or seeming angry. If your child senses that you respect him and are teaching him to care for himself, he will develop more self-respect and be less likely to smoke. Also, encouraging him to participate in activities that develop his self esteem, such as sports and hobbies, will make him less interested in self-destructive acts like smoking.



## Taking Care of Yourself— Pets Improve Health

Pet owners have always felt that their pets enhance their lives, now there's science to back up these feelings.

For those who are able, walking a dog can provide heart-healthy exercise. Pets are good for your heart in another way—they lower blood pressure. They also boost mood, which improves the immune system by reducing harmful stress hormones in the blood and increasing brain chemicals that have pleasurable and calming effects. Finally heart attack patients with pets survive longer than those without.

Remember; wash your hands after contact with pets. People with weakened immune systems should not empty litter boxes.

Source: WebMD



### Inspiration

Being deeply loved by someone gives you strength while loving someone deeply gives you courage.

—Lao Tzo

## Live Life Laughing!

I once bought a house in the country and by the time I finished paying for it, it was in town.



## BABY YOUR BABY – Temper Tantrums

Dealing with temper tantrums in the second year is hard for any mother and especially a grandmother who may not have the physical strength to control a strong two year old. A toddler feels very passionate about each decision. Toddlers have tantrums because they are overloaded by excitement and want an adult's attention. Finding safe ways to discipline that cannot lead to abusing the child is the goal. Firmly holding the child and putting him in his room or crib until the tantrum is over and then giving him plenty of hugs and kisses will help him understand he is loved, but his behavior caused you to send him to his room.



Source: Touchpoints: Birth to 3; T. Berry Brazelton, M.D.; Perseus Publishing

## Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride and competence.

## Ordering Info

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## Toddler & Preschooler Safety

Toddlers have lots of energy and curiosity. They like exploring, climbing and playing with small objects.

- \* Keep all medicines in containers with safety caps; be sure medicines, cleaning products, and other household chemicals are out of reach and locked away from children.
- \* Use safety gates for stairs, safety plugs for electrical outlets, and safety latches for drawers and cabinets.
- \* Buy toys labeled for children under age 3; these are often safety recommendations, not measures of a child's skill or ability.
- \* Never leave your grandchildren alone in or near swimming pools.

Preschoolers are very active. They run, jump and climb.

- \* Keep children—and furniture they can climb on—away from windows.
- \* At playgrounds, look for protective surfacing under equipment.
- \* Be sure your grandchildren wear helmets when riding tricycles or bicycles.
- \* At all ages, make sure your smoke detectors work; keep matches and lighters away from children.

Source: *The Consumer Product Safety Commission, "A Grandparent's Guide for Family Nurturing & Safety"*.

# ~April 2016~

## Grandparents and Other Relatives Raising Children (G R R C) Support Group

WHEN: (\*) Tuesday, April 12th  
 TIME: 10:00 a.m. — 11:00 a.m.  
 WHERE: Greenwood Senior Center  
 ADDR.: 4040 Greenwood Drive, Corpus Christi  
 PHONE: (361) 883-3935 or 1-800-817-5743



WHEN: (\*) Tuesday, April 26th  
 TIME: 10:00 a.m. — 11:00 a.m.  
 WHERE: Greenwood Senior Center  
 ADDR.: 4040 Greenwood Drive; Corpus Christi  
 PHONE: (361) 883-3935 or 1-800-817-5743



WHAT: (\*) EVENING SUPPORT GROUP  
 WHEN: Thursday April 28th  
 TIME: 6:00 p.m. -- 7:00 p.m.  
 WHERE: First United Methodist Church  
 ADDR: 900 South Shoreline Blvd.; Corpus Christi  
 2nd floor-- Rm#216 / parking & entrance behind church  
 PHONE: (361) 334-2255  
 FACILITATED/ PRESENTED BY: MCH FAMILY OUTREACH



(\* ) Please call if bringing grandchild(ren)

**For additional information contact:**

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*Family Caregiver Program Specialist*

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~ OR ~

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**COASTAL BEND  
 COUNCIL OF  
 GOVERNMENTS**

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 Texas Department of Aging and Disability Services (DADS)*



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March 22, 2016

Dear Grandparents and Other Relatives Raising Grandchildren,

Recently, it has come to my attention that the Grand-parenting Newsletter will no longer be in publication with the original agency. Because of this, the newsletter will be undergoing some changes. Our agency will be attempting to create a newsletter to be sent out quarterly, as before.

I ask that you be patient with us during the time of this change, as we will be building the newsletter from the ground up. We hope this will be an opportunity to include more community resources that serve the Grandparents and Other Relatives Raising Grandchildren population.

Also within this newsletter, there is included a form to fill out and return to the agency. This form is to verify the audience we are reaching with the newsletter, and to confirm those of you that wish to continue receiving the newsletter via mail. There is also an option to include your email address if you wish to begin receiving our newsletter via email instead.

Please do fill out the form and return to us, as this will help with our record keeping, and database.

Thank you for your patience and understanding,

Felipa Lopez Wilmot  
Caregiver Program Specialist  
Area Agency on Aging of the Coastal Bend  
Aging and Disability Resource Center  
ph. 361-883-3935/toll free 1-800-817-5743  
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TOLL FREE: 1-800-817-5743  
FAX: (361) 883-5749

*The Area Agency on Aging is funded in part by the Texas Department of Aging and Disability Services*

**\*\*\*SAVE THE DATE\*\*\***

**17th ANNUAL**

**GRANDPARENTS AND OTHER RELATIVES**

**RAISING CHILDREN CONFERENCE**

**WEDNESDAY, SEPTEMBER 28, 2016**

**8:00 a.m. – 1:00 p.m.**

**American Bank Center – Watergarden Room**  
**1901 South Shoreline, Corpus Christi**

Register to attend by calling:

**361-883-3935 or 1-800-817-5743**



**GRANDPARENTING TOOLS & AVAILABLE RESOURCES INCLUDE:**

- \* Legal Issues
- \* School Facts
- \* Social Services
- \* Healthy Lifestyles
- \* Exhibitors & Informational Booths

*Continental Breakfast & Lunch will be served*

*Door Prizes & Much More!*

Like us on  [www.facebook.com](http://www.facebook.com)

*Annual Grandparents and Other Relatives Raising Children Conference*

As part of the 15th Annual Grandparents & Other Relatives Raising Children Conference, sponsors are giving you a chance to win some cool prizes.

Enter your best photo of you with your grandparent(s) involved in a **healthy lifestyle** activity!!



# Enter Photo Contest!!

Age  
Categories:  
Ages 6-10  
Ages 11-13  
Ages 14-17

## General Rules:

No purchase necessary. One photo entry per person. Only one winner per category. All photos submitted will **NOT** be returned.

Photos may be submitted by mail— Send your 4X6 photo and entry form to the address below OR post your photo to our conference Facebook page: <https://www.facebook.com/grrcc>

**Entry deadline: September 5, 2014**—Mail to: Texas A&M AgriLife Extension Service, c/o FCS Department, 710 E. Main St, Ste 1, Robstown, TX 78380.

Winner will be announced at conference, and will be notified by method of photo submission.

## Photo Contest

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Age Category \_\_\_\_\_

I authorize the Grandparents and Other Relatives Raising Children Conference (GRRC) and its agents or employees to take and use photographs, video, and other media ("photographs") for promotional purposes of every description, which includes all print products and digital files used on electronic and mobile devices, as well as Conference administered websites and social media pages/accounts (Facebook, Twitter, Instagram, etc.), without notifying me.

I hereby consent and authorize the GRRC Steering Committee to reproduce photographs or video of my child for advertising and publicity.

Signature \_\_\_\_\_ Date \_\_\_\_\_