

## Grandparents Raising Grandchildren: A Crash Course in Child Development<sup>1</sup>

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**Goal:** To help grandparents learn how to promote positive child development.

### Ages and Stages of Child Development

Understanding and guiding your grandchildren's behavior will be easier if you consider the various ages and stages of their development.

Although you have raised your own children, it is easy to forget what children are like. Children face different challenges at every stage of life. As their parent, you need to be able to put yourself in their shoes. Keep in mind, many times a child's behavior is a characteristic of his stage of development. Following are some age-related characteristics:

#### Infants: birth–12 months

- Require physical touch like cuddling, stroking, and rocking for physical and emotional growth
- Communicate through crying, smiling, cooing, and babbling
- Explore by putting objects in mouth
- Need stimulation through touch, sounds, and textures
- Soothe themselves by sucking hands and fingers

#### Toddlers: 1–3 years old

- Like to explore and are very curious
- Seek independence



- Are impatient
- Do not understand sharing
- Have a hard time expressing their emotions and, therefore, have temper tantrums

#### Preschoolers: 3–5 years old

- Ask lots of questions
- Enjoy pretend games and have imaginary friends
- Are learning to be more cooperative with other children
- Have extreme mood changes
- Are proud of their ability to complete more tasks on their own

#### School-age children: 6–12 years old

- Begin to question rules of parents
- Enjoy being with their friends
- Have an increased interest in out-of-school activities
- Find it hard to deal with criticism and failure
- May like to tease and criticize each other



#### Teens/Adolescents: 12–18 years

- Experiencing puberty—hormonal and physical changes
- Are overly self-conscious; self-critical
- Are developing a sense of identity and discovering "Who am I?"
- Are more idealistic and hopeful...
- ...yet, at the same time, can be anxious or sad
- Beginning to spend more time with friends
- Experience increased peer pressure to conform
- Question authority and challenge rules, which creates conflict

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## Tips for Healthy Development for Your Grandchildren

Understanding what to expect at each stage of your grandchild's development is only the first step. The next step is to put it into practice. It is important that your behavior matches the developmental needs of your grandchild. The following tips are grouped by developmental stages. Review them and consider how they relate to your grandchild's stage.

### Infants

- Attend to an infant's cry—this will develop trust.
- Establish a routine and predictable schedule—this will create a sense of security.
- Talk and sing to your grandchildren and imitate their sounds—this will develop language skills.
- Touch and cuddle your child—this will develop a strong, loving bond.



### Toddlers

- Keep your environment safe and childproof—this will allow them to be curious and explore safely.
- Help your grandchildren develop a sense of independence by offering choices. For example, "Do you want to wear your sneakers or your sandals?"
- Have appropriate expectations. For example, understand that they won't "play nicely" with other toddlers because they do not know how to share yet.
- Read to your grandchildren daily—this will develop reading skills and promote a strong attachment.

### Pre-schoolers

- Be patient while listening and responding to your grandchildren's many questions—this will help to create a healthy self-concept.
- Establish clear rules and limits—this will guide expected behavior.
- Encourage your grandchildren to play—it is through play that children learn best.
- Monitor what your grandchildren watch on TV—children should not watch more than 2 hours daily of educational television.



### School-age children

- Keep an eye on your grandchildren's activities and friendships—school-age children still need your guidance in learning acceptable behaviors. Provide support and encouragement for your grandchildren's hobbies and interests; keep in mind, though, that no matter their skill level, too many demands will discourage them.
- Be consistent with discipline by setting clear rules and consequences—children need to know what is expected of them.
- Get to know your grandchildren's school teachers—this will encourage good behavior and study habits.

### Teens/Adolescents

- Recognize your grandchildren's need for independence and a unique identity—work to create a supportive and loving environment for your grandchildren.
- Be aware of the emotional and physical changes your grandchildren are going through. Be patient—expect moodiness and self-doubt.
- Listen to your grandchildren before jumping to conclusions—this will open lines of communication and trust.

In summary, as a guardian for your grandchildren you have taken on a major and admirable responsibility. The discipline and rules you teach your grandchildren will have lasting effects.

### Other Resources

Parenting 24/7: <http://parenting247.org/>  
Keep Kids Healthy: <http://KeepKidsHealthy.com/>

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