



Kin and Kids Outreach and Support

The Neighborhood Center, Inc

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Special points of interest:

- Raising your grandchildren
- Taking time for you.
- Support and Advocacy.
- Links to other resources.



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Full time Grandparenting

Divorce, death of parents, or a parent's work or school-related responsibilities are just a few of the reasons some grandparents assume full or part time responsibility for their grandchildren. Often known as "kinship care," a growing number of grandparents are taking on the parenting role of their grandchildren, thus foregoing the traditional grandparent/grandchild relationship. Grandparents who assume the role of parents often find themselves giving up leisure time, the option of traveling, and many other aspects of their independence. Instead, they take on responsibility for the day-to day maintenance of a home, schedule, meals, homework and play dates. In cases where tragedy required a grandparent to step into the role of parent, there are also many additional stress factors—grieving on the part of the children and the grandparents, for example that need to be addressed.

Raising your grandchildren, while challenging, can also be incredibly rewarding. Grandparents in this position experience much greater connection to their grandkid's work, including school and leisure activities. They often

When grandparents raise grandchildren:

Keep up your own health. Get regular checkups and follow your doctor's advice. Try to get an adequate amount of sleep and do not skip meals.

Walk or exercise three times a week for 30 minutes or more to reduce stress and promote well-being.

Insist on a regular quiet hour. Children can take naps or have a quiet time in their rooms. Teens can listen to their music through earphones. Learn to relax during this time.

Take time for yourself. Look for events where grandchildren can enjoy time apart from you. There might be story hours at the library, or activities at the Boys and Girls Clubs.

Do something you enjoy. Participate regularly in at least one hobby or activity.

Talk out your problems with understanding friends or other grandparents. Or join a support group.

Set limits with your grandchildren and stick to them.

Let yourself off the hook. Your adult child's circumstances are not your fault.

Focus on the positive and keep your sense of humor.

Avoid isolation. Make an effort to maintain friendships, even if it is only by telephone for now.

Since you probably have not had to "parent" for a while, you may find it useful to look into parenting classes to learn new methods for helping children develop self-esteem, confidence, and responsibility.

Source: Parenthood in America

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**THERE ARE PEOPLE
FIGHTING FOR YOUR RIGHTS**

**[We are on the web
www.kinshipmv.org]**

Kin and Kids Outreach and Support Program Provide:

Caregiver Support Groups—call 272-2630 for more information—groups in Rome and Utica!

Advocacy and Support at Family Court and Department of Social Services—we will go with you to court, interviews at TA/PA and anywhere else you feel the need for extra support.

Provide referrals to other services and agencies that may be of benefit to you and the children in your care.

Did you know? Last year we assisted 40 adults and 55 children.

We held 8 special events—picnics, movie nights, bowling, family days.

We want to help you too! Call us today! We can make sure that you are receiving the right financial assistance that you are entitled to in raising the children in your care!

NYS Kinship Navigator Information:

1-877-454-6463



The NYS Kinship Navigator is an information, referral and advocacy program for kinship caregivers in New York State. A kinship caregiver is an individual that is caring for a child that is not biologically their own. In New York State, there are an estimated 179,000 caregivers, 131,000 of whom are grandparents raising grandchildren. Many others are aunts and uncles.

The Navigator seeks to assist these caregivers by providing information on financial assistance, legal information and referrals, and other types of issues that caregivers face when raising children in order to provide stability and permanency in the home. Call us today for more information! 1-877-454-6463

Email address: navigator@nysnavigator.org

Resources include—legal, hotlines, NYS Kinship Programs and much more! Check them out today!