

## You Can't Make Me! Tips for Disciplining Your Grandchildren

Discipline means to teach. You are a valuable and important teacher for your grandchildren.

The following is a list of tips to help you discipline your grandchildren. Expect to see good behavior and praise your grandchildren when they are doing things correctly.

- When you do not see good behavior from your grandchildren, let them know that you are disappointed with their behavior, not with them as a person.
- You can help your grandchildren learn about respecting others by showing them respect. Listen carefully when they talk to you. Try to understand why they are misbehaving so you can respond to their need. Correct behavior with a firm and respectful tone of voice.
- Explain that each family has rules to live by and your rules are the ones you expect your grandchildren to live by now. Talk about the reasons for your rules. Let your grandchildren know your family rules and post them where everyone can see them.
- Have your grandchildren take a time-out by sitting on a chair in a safe, boring place. Have them sit on the chair for the same number of minutes as their age.
- Take away watching television, playing outside or talking on the phone.

When your grandchildren do not follow the rules, try these ideas:

- Ignore attention-seeking behavior unless your grandchildren might get hurt.
- Direct your grandchildren toward good behavior by giving them options for other activities.
- Replace “don’t do that” or “stop it” with positive phrases such as “please do this.”
- Help your grandchildren accept responsibility for their actions. For example, do not replace toys when children play too roughly and break them.

## Extended Families

Because of new parenting responsibilities, you can feel overwhelmed by the challenges that you face on a daily basis. Aunts, uncles, cousins, great-grand parents and your good friends can be some of your best sources for support and help. They can advise, support and offer stability and love for both you and your grandchildren. Take this opportunity to strengthen family bonds and attachments.

Here are some ideas on how to involve your extended family members with your grandchildren:

- Invite extended family members to your grandchildren’s school activities, games and special projects.
- Ask an extended family member to care for your grandchildren one night a week to give you a break.
- Teach your grandchildren about their extended family by making a family photo album.
- Plan extended family activities such as picnics, reunions and shared meals.
- Help your grandchildren write letters and “homemade” cards or texted family members. Enclose photos and drawings from your grandchildren.
- Praise your grandchildren’s accomplishments at home, school and with special projects especially when your extended family members are present.

Let your grandchildren know they are loved every day. Encourage extended family members to express their love for your grandchildren.

Should you need more information about this or other parenting concerns, please visit [www.pcain.org](http://www.pcain.org) or call **1-800-CHILDREN** (1.800.244.5373)

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# Family Series

## Grandparents



[www.pcain.org](http://www.pcain.org)

## Child Safety

Because of new parenting responsibilities, you may need to “child proof” your home and environment for your grandchildren. There are many things you can do to prevent accidental injuries and make your home safe for your grandchildren.

- Put safety caps in all electrical outlets.
- Carefully inspect the crib where your grandchildren sleep. Make sure there are no holes in the mattress and that the mattress fits tightly in the crib.
- Make sure your grandchildren’s car seats are properly installed in your car.
- Make sure blinds and drapes in your home do not have cords that loop at the bottom.
- Never leave your grandchildren alone by a pool.
- Never leave your grandchildren in a car unattended.
- Keep all guns and weapons unloaded and in locked cabinets or remove them from the house.
- Keep small objects such as coins, small toys and buttons away from infant and toddler grandchildren who might choke on them.
- Keep medications in a locked or out-of-reach cabinet.
- Keep poisons, cleaning supplies and plastic bags in locked cabinets
- Take a class in infant and child CPR

There are many resources such as your health care provider and local health department that can help in identifying potential safety dangers and safety tips. Contact them for additional help.



## Child Development for Young Children

Because of new parenting responsibilities, you may need to know what is “normal” development for your young grandchildren.

The following is a general guideline for early child development, but every child is unique. If you have questions about your grandchildren’s development, contact your health care provider or local health department for an individual assessment of your grandchild.

### Birth to Six Months

Grandchildren at this age are completely dependent. They let you know what they need by crying, cooing, grunting and babbling. They slowly develop control of their head and begin to roll over and grasp things. They like being cuddled and can distinguish between familiar people and strangers.

### Seven Months to One Year

Grandchildren at this age usually sit without support and crawl. They can control their legs and feet and can stand. They have formed emotional bonds and have fear of strangers. They like to play peek-a-boo, wave bye-bye and give and take objects. They usually are able to say one to two words.

### One Year Old

Grandchildren at this age will often walk or run. They may be able to crawl up stairs. They develop a vocabulary of more than 200 words and can follow simple directions. They often express strong bonds with caregivers. They may be able to feed themselves. They also like to see their image in a mirror.

### Two Years Old

Grandchildren at this age will want to walk up and down stairs alone, dress and feed themselves. They will have a sense of self and are becoming more independent. They use phrases and sentences. They have a short attention span. Favorite play may include play with dolls and looking at books.

### Three Years Old

Grandchildren at this age will usually be able to ride a tricycle, stand on one foot and feed themselves well. They usually can button and unbutton clothes and put on socks. They like to be helpful and will play side-by-side with others. They are more secure in their self-identity.

### Four Years Old

Grandchildren at this age will usually dress themselves and may tie their shoes. They are more social and have friends. They participate in taking turns and like to tell stories. They begin to print letters and can read their own name. They usually can count to ten and know their colors. They begin to know the difference between telling the truth and lying.

*Adapted from the Child Development Institute*

## I’m Bored! Tips for Playing with Your Grandchildren

Because of new parenting responsibilities, you may have heard your grandchildren say they’re bored. Children enjoy all types of activities, and play gives them opportunities to learn communication skills, sharing and responsibility. Plus, it’s fun! Take time to let your grandchildren express how they are feeling through play.

Here are inexpensive activities you can do together:

- Create a family photo album
- Make puppets out of old socks or paper bags and put on a puppet show
- Plant a garden
- Cook a meal or snack
- Play dress up or sing songs
- Pack a picnic and go to the park or your own backyard
- Color or paint together
- Make a fort out of sheets, towels or blankets
- Read books to each other, tell stories or play board games