



Understand
feelings:
Understand
behaviour

Being a Grandparent

Being a Grandparent is a 4 week course for grandparent carers who would like to understand how best to support their grandchildren with any emotional and behavioural worries.

Grandparents have the opportunity to talk with other grandparents in a friendly environment to share experiences and solutions.

Key Topics:

- Developing grandparents understanding of difficult behaviours
- Supporting grandchildren's emotions through acknowledging and understanding feelings
- Developing grandparents' understanding of the importance of listening, verbal and non-verbal communication
- Promoting positive approaches to boundary setting and problem-solving
- Providing an opportunity for grandparents to share their experience with others

Results of the Pilot Group:

Grandparents tell us they learnt lots of new strategies that helped them:-

- Reduced stress in the family home
- Increased confidence in talking about difficult issues
- Increase in understanding of challenging behaviours

FOR FURTHER INFORMATION CONTACT JILL ON 01429 401898