Grandparents and Grandchildren Together
Facilitator Guide

Introduction
Grandparents and other adult relatives play important roles in their families’ lives. Those roles vary due to location, ability to communicate, physical abilities, financial situations, social environment, family stress levels, and stage of the life cycle. In this publication, the word grandparent includes other adult relatives who care for children in their families.

This program identifies the roles that grandparents play in their grandchildren’s lives. It describes how levels of involvement have changed in recent years. Many grandparents are taking on major caregiving responsibilities. These ideas are explored in detail in the Grandparents and Grandchildren Together PowerPoint® presentation. As the facilitator, you are encouraged to share a personal story of grandparenting with objects and photos, if available. Participants are encouraged to complete a sample family timeline. An evaluation form completes the lesson. To prepare the program, study this facilitator guide, collect needed written materials, supplies and equipment, set up the room, and follow the procedure.

Program Objectives
• Describe the various roles that grandparents play within their families
• Identify the varying levels of responsibility that grandparents carry in the community
• List playful learning activities that grandparents and grandchildren can do together
• Consider the ways in which the club or individual members could be supportive to grandparents raising children full-time

Plan for the Program
This program addresses the objectives above, using the general teaching outline below, the leader’s notes included with the PowerPoint® presentation, the participant handout with its included family history activity, and numerous additional optional publications. The PowerPoint slides and accompanying information will likely generate rich discussion of participants’ own unique experiences and perspectives, as well as ideas for supporting community grandparents who are parenting again. There are eight selected topical publications, listed below, that participants may take home or adapt for additional club programs. An end-of-session evaluation sheet completes the lesson materials.

Publications and other informational resources included in this session
• This program includes the following parts:
  o Participant Handout – a take-home piece that includes an introduction to the lesson and a family history activity
  o PowerPoint presentation, “Grandparents and Grandchildren Together” – with accompanying facilitator notes
  o Facilitator Guide
  o Evaluation tool, to be handed in before leaving
  o University of Arkansas Cooperative
• University of Arkansas Cooperative Extension publications and authors:
  o “Children’s Contact with Birth Parents,” LaVona Traywick, Assistant Professor and Gerontology Specialist
  o “Childproofing Your Home,” Laura Connerly, Family and Consumer Sciences Associate; Traci A. Johnston, Child Care Program Associate; and LaVona Traywick, Assistant Professor and Gerontology Specialist
  o “Enjoying Your Family History,” James A. Marshall, Assistant Professor and Family Life Specialist, and Wally Goddard, Professor and Family Life Specialist
  o “Family Reading – It’s Time to Share,” LaVona Traywick, Assistant Professor and Gerontology Specialist
  o “Helping Grandchildren Deal with Grief,” LaVona Traywick, Assistant Professor and Gerontology Specialist
  o “Stress Management for Grandparents,” Traci A. Johnston, Child Care Program Associate
  o “Tips for Talking with Teachers,” LaVona Traywick, Assistant Professor and Gerontology Specialist
  o “Understanding Children’s Development,” LaVona Traywick, Assistant Professor and Gerontology Specialist

• The following resources may be useful to supplement the lesson materials:
  o University of Kentucky Cooperative Extension resources available online, useful for play and learning activities:
      (Keys #4, 5, and 6, FCS7-182, FCS7-183, and FCS7-184; publications listed under Facilitator and Parent Resources)

• Other recommended resources:
  o AARP: (basic Website for state-specific data). http://www.aarp.org/family/grandparenting/
  o 2000 U. S. Census: Data on grandparents raising grandchildren: http://factfinder.census.gov
  o University of Wisconsin Cooperative Extension, Madison, WI: Additional online grandparenting publications compiled from national search and categorized: http://www.uwex.edu/ces/flp/grandparent/publications.cfm
Supplies needed
• “Grandparents and Grandchildren Together” PowerPoint® presentation on thumb drive or CD
• Laptop
• Projector
• Personal photos or objects to help you share your personal story about being a grandparent
or grandchild
• Participant handout, one for each participant
• Publications, selected according to participants’ interests, one for each participant
• Evaluation sheet for end of session, one for each participant
• Pens or pencils for completing the evaluation sheet, one for each participant

Before the session begins
• Study all program resources, including procedure, PowerPoint® presentation with detailed
notes for the facilitator, participant handout, topical publications, and end-of-session
evaluation sheet.
• Consider reviewing with your participants the topics covered by the publications included in
Grandparents and Grandchildren Together. Ask them to suggest their particular interests in
the publications for purposes of planning a group activity, if they would like to do that in
addition to “Enjoying Your Family History,” described in the participant handout.
• Review the PowerPoint presentation with notes for the facilitator a second time. Note the
places to encourage group discussion and the points to bring out.
• Think about and plan to share a personal experience you may have had as a grandparent or
relative, or as a former child who was cared for by a grandparent or relative. You may want to
bring photos or other objects to help tell your story.
• Consider inviting your local Family Resource and Youth Services Center coordinator, public
safety official, senior center staff person, health professional, or family law attorney to assist
you in presenting information and policies current to the area in which you live.
• Locate all supplies and equipment.
• Set up the meeting room and arrange for refreshments, if any.

Procedure
• Welcome and introduce members and guests.
• Introduce the topic: Use background information on the Participant Handout as guidance.
• Share a personal experience as a grandparent, relative, or grandchild. Ask if other members
have stories they would like to share.
• Follow the PowerPoint® presentation’s facilitator notes. Encourage group discussion and
reflection.
• On the last slide, make special note to the group of the credit we gratefully give to University
of Arkansas Cooperative Extension and to Dr. LaVona Traywick, primary author of the
curriculum, Adventures in Grandparenting, who extended permission for us in Kentucky to
adapt that curriculum for our use as an Extension Homemaker lesson.

• Activity: Participant Handout
  o Draw attention to the family history activities described in the Participant Handout.
  o Point out the value of the activity for children and youth of varying ages. Draw upon the
fact sheet, “Understanding Children’s Development,” if desired (refer to the list of
optional publications below).
  o Complete “Example of Family Timeline.” Select a time span such as the ‘60s, ‘70s, or
other era, and ask each participant to identify a world event, family event, and personal
event. If time allows, invite participants to share with the group. For large groups, have
participants share with those sitting near them.
  o Conduct discussion about implementing the activity at home.
• Suggest planning a celebration of members’ family history projects, including exhibits, at a future meeting.

• Ask the group if anyone among them is a custodial grandparent. Do any of them know other grandparents or relatives raising children? Do those relatives have special needs or interests that the club could help serve as a result of this lesson?

• Additional publications: Ask the group if they would be interested in more conversation and learning, using additional publications. If so, make plans to do so.

• Distribute end-of-session evaluation sheet.
  o Review instructions for completing the evaluation sheet.
  o Give everyone a few minutes to complete it.
  o Ask them to hand in the evaluation sheet before they leave the meeting.

Adapted with permission from Adventures in Grandparenting, a curriculum developed by University of Arkansas Cooperative Extension, Lavona Traywick, Ph.D., Assistant Professor and Extension Gerontology Specialist, primary author.

Carole Gnatuk, EdD
Extension Specialist for Child Development

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