



## Tips for Grandparents

**Take care of yourself.** When you're preoccupied with the daily demands of raising grandkids, it's easy to let your own needs fall by the wayside. But taking care of yourself is a necessity, not a luxury. You can't be a good caretaker when you're overwhelmed, exhausted and emotionally depleted.

**Encourage open and honest communication.** Communicating openly and honestly with your grandchildren is one of the best things you can do to help them cope with their new situation. In this difficult time, they need an adult they can go to with their questions, concerns and feelings.

**Focus on creating a stable environment.** It will take your grandkids time to adjust to their new living arrangement, so try to make the transition as easy as possible. Above all, your grandchildren need to feel secure. Children thrive in an environment that is stable and predictable.

**For more information,  
please call (970) 400-6130.**



**Weld County Area Agency on Aging**

• Grandparents Raising Grandchildren •

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Be sure to check out our website, [www.weldaaa.org](http://www.weldaaa.org), to sign up for our newsletter, find additional information and resources, see current events and much more!

Although there is no formal charge for Weld County AAA programs, donations are accepted for the services provided. Services are not denied to individuals who are unable to make a donation.



**Weld County Area Agency on Aging**

Assistance • Advocacy • Answers on Aging

# Grandparents Raising Grandchildren

Providing support services and  
improving quality of life.



## Did You Know?

Grandparents may be raising their grandchildren as the children's parents struggle with substance abuse, mental illness, incarceration, economic hardship, divorce, domestic violence, other challenges and even death. These caregivers provide a vital safety net to children inside and outside of the foster care system.

## By the Numbers

- 1 in 10 children are being raised by their grandparents\*
- Approximately 81,255 grandchildren in Colorado live with their grandparents<sup>†</sup>
- Approximately 6,538 grandchildren in Weld County live with their grandparents<sup>†</sup>
- Grandparent-headed families represent all socioeconomic levels and ethnic groups<sup>†</sup>

*\*Pew Research Center, <sup>†</sup>2009 Census Bureau*



## Support Groups

Support groups allow grandparents and kin to share the difficulties and rewards in raising children and give encouragement to one another. Speakers are often scheduled to share information about their agencies and available programs.

### Coffee Group

Grandparents are invited to attend the informational group from 9:00–10:30 a.m. on the first Wednesday of each month. For location and more information, please call (970) 400-6130.

### Kinship Group

Grandparents/Kin and children are invited to attend the group meetings from 6:00–8:00 p.m. on the second Tuesday of each month at the Guadalupe Apartments, 1520 North 11th Avenue in Greeley. Potluck dinner and children's activities are provided. For more information, please call (970) 616-8601 or (970) 616-8611.

## Legal Information

Area resources and clinics are available for grandparents who need legal assistance on issues such as child custody, visitation issues, temporary power of attorney and adoption. Services are offered through Weld County Legal Services at (970) 310-8367 and Weld County Combined Courts at (970) 475-2410.

## Education and Resources

Educational presentations, information and referral can be provided to assist with navigating parenting as a grandparent. Annual events, monthly groups, and resources are offered to provide the following:

- Opportunities to meet and socialize with other grandparents
- Information about community agency resources
- Presentations on a variety of topics surrounding parenting as a grandparent

