



# **grandfamilies**

## **PROSPERing with 10- to 14-Year-Olds**

### **Parent Workbook and Syllabus**

### **Delivery Type 1:**

### **Supplemental Extension**

**This is an extension of a hybrid implementation of one of the Thrive Initiative core, universal parenting programs that should be delivered to an existing group.**





## Summary of Training

Use this summary to help you track your completion times for sessions and meeting dates, times, and location(s).

### Thrive Initiative Course Registration

Due Date	
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### Introduction Meeting *(Meeting: 20 min/Homework)*

Date	
Time	
Homework	Complete the Module's Introduction, Part 1, and Part 2
Due Date	

### Supplemental Module Meeting 1: Discussion of the Module's Introduction, Part 1 and Part 2 *(Meeting: 60 minutes/Homework)*

Date	
Time	
Homework	Complete Part 3, Part 4, and the Wrap-up
Due Date	

### Supplemental Module Meeting 2: Discussion of Part 3, Part 4, and the Module's Wrap-up *(Meeting: 60 minutes)*

Date	
Time	
Homework (optional)	Visit the Thrive Initiative's website for additional parenting resources: <a href="https://thrive.psu.edu">https://thrive.psu.edu</a>

## Supplemental Module Registration

Complete these steps prior to delivery of the Supplemental Module Introduction (added to the last universal parenting program meeting).

### Access Course in Your Thrive Initiative Account

- Use this link to access the Thrive Initiative's website: <https://thrive.psu.edu/>.
- Navigate to and select "Modules."
- Select "Supplemental Modules" in the drop-down menu.
- Identify the module on Grandfamilies, and select the "Learn More" button.
- A new web page will open. Select the blue button that reads "Get this course."
- A pop-up box will ask you to Login or Sign up. Since you have an existing account, select the "Login" button.
- Enter your username or email, and select the blue "Login" button.
- You will be directed to the supplemental module on Grandfamilies. Select the blue "Go to Course" button to start the online supplemental module.

**If you have any difficulty accessing the Thrive Initiative supplemental module, we would be happy to assist you!**



The Thrive Initiative Team can be emailed at [thrive@psu.edu](mailto:thrive@psu.edu).



Phone inquiries can be directed to **1.877.382.9185**.

# Introduction Meeting



**Introduction Meeting**    *20 minutes*  
**Homework**

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

- Review the supplemental module welcome materials provided by your facilitator.
- At the first meeting, your facilitator will provide an overview of the program and ensure you have access to the Thrive Initiative website and supplemental module.

## Step 2: Complete Homework [For Supplemental Module Meeting 1]

Please complete the following activities in preparation for the next meeting:

- \_\_\_\_\_ Complete the **Grandfamilies: PROSPERing with 10- to 14-Year-Olds** supplemental module's Introduction.
- \_\_\_\_\_ Complete Part 1: Cultivating the Relationship with Your Grandchild
- \_\_\_\_\_ Complete Part 2: Communication
- \_\_\_\_\_ Download and review the materials mentioned from the Parent Toolkit resources in the supplemental module.
- \_\_\_\_\_ Prepare to discuss the topics addressed in the Introduction, Part 1, and Part 2 during the next meeting by answering the questions in Step 3: *Prepare Community-Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4

## Step 3: Prepare Community-Building Activities/Discussion Questions

Write your responses in the blue boxes on the next few pages as you prepare for the *next meeting*. During the *Supplemental Module Meeting 1* group discussion, record your notes in the magenta boxes.

As you complete the questions and activities, recognize that understanding and implementing the information we are learning will not happen immediately. You will need to use the strategies and skills you have learned throughout **Grandfamilies: PROSPERing with 10- to 14-Year-Olds** consistently and make them part of your everyday life in order to see desired changes in your grandchild's or your reactions or behaviors. Keep practicing what you have learned!

Each time you meet with the other program participants as a group, share and celebrate the small, short-term, positive changes you see in your interactions with your grandchild. Also, consider what the long-term benefits may be for your family as you continue to use the skills and strategies you have learned and are learning in the **Grandfamilies: PROSPERing with 10- to 14-Year-Olds** module.



### ? Supplemental Module Introduction (Grandfamilies): Interaction and Discussion Questions

In the supplemental module's introduction, you learned that becoming a primary caregiver for your grandchild can be challenging, but this task also comes with its own rewards. This change has probably reshaped the composition of your family and transformed your future. However, by preparing for and overcoming the difficulties inherent in any parenting situation, enjoying the big and small wins, and considering your and your grandchild's feelings and needs, you can be a positive influence for your grandchild.

- A. What does your family makeup, or situation, look like (e.g., incarceration, mental or physical health issues, addiction, parent is deceased)?
- B. What challenges or difficulties are you currently experiencing while you are raising your grandchild?
- C. What is one goal you hope to achieve by completing this supplemental module?

#### *Reflection:*



#### *Group discussion notes:*





## **Part 1: Cultivating the Relationship with Your Grandchild** **Positive Parenting: Interaction and Discussion Questions**

Part 1 looked at positive parenting practices that you can use with your grandchild.

- A. Can you think of a time when you used positive parenting in the last week?
- B. How could you try to show positive support for your grandchild?

*Reflection:*

 *Group discussion notes:*



## Part 1: Cultivating the Relationship with Your Grandchild Parenting Styles Interaction and Discussion Questions

Adopting an authoritative parenting style and using positive parenting practices can benefit you and your grandchild.

- A. What are some of the ways you have used an authoritative parenting practice with your grandchild?
- B. What is an authoritative practice that you would like to use with your grandchild in the next week?

*Reflection:*



*Group discussion notes:*



## Part 1: Cultivating a Relationship with Your Grandchild Developmental Needs Interaction and Discussion Questions

In addition to being an authoritative grandparent and adopting a positive approach to parenting your grandchild, you should be “up to date” on the developmental needs of your grandchild and the cultural factors that might influence them. Understanding current circumstances (or at least making an effort to) can make you a more effective and educated grandparent, and it will also show your grandchild that you are paying attention to people, situations, and feelings that are important to them.

- A. Consider your grandchild and their relationship with their parents, What topics should you educate yourself on to understand and support your grandchild better?
- B. What opportunities do you know of that can help you educate yourself in those areas?

*Reflection:*



*Group discussion notes:*



### Part 1: Cultivating a Relationship with Your Grandchild Spending Time with your Grandchild Interaction and Discussion Questions

Part 1 explored ways in which you could have fun with your grandchild! Building upon your strengths and providing your grandchild with a loving, safe, and engaging home environment will help your grandchild feel safe, loved, and secure about the future.

The module provided you with an outline that can help you plan for time to bond with your grandchild by finding activities you can do together.

- A. What are some activities that you like and/or your grandchild likes to do?
- B. What are some activities that you and your grandchild could do together?
- C. Over the next week, what are some activities you are going to try with your grandchild? What activities are you going to try over the next month?

*Reflection:*



*Group discussion notes:*



## Part 2: Communication

### Communication Approaches Interaction and Discussion Questions

Everyone's communication styles differ. The module discussed passive, aggressive, and assertive communication styles.

- A. What style of communication did you identify with the most?
- B. What style of communication do you use with teachers or health professionals?
- C. What style of communication do you use with family members and friends?
- D. What style of communication do you want to use with your grandchild regarding their behaviors and needs?

*Reflection:*



*Group discussion notes:*



## Part 2: Communication

### Assertive Communication Techniques Interaction and Discussion Questions

Part 2 discussed some assertive communication techniques including VCR, I Statements, problem-solving, breaking it down, and fogging. In addition, it provided activities for you to think about and to help you consider when and how you might use these techniques as you interact with your grandchild.

- A. Do you currently use any of the communication techniques discussed in the module? Which ones? How does using that technique help your interactions with your grandchild?
- B. Which of those techniques would you like to start to incorporate into your communication with your grandchild? Why?
- C. You were asked to think of a specific situation from your past, or one that you could foresee in the future, in which you have asked or want to ask for help or support from a family member/friend, and they were reluctant to agree. How could you use these assertive communication techniques to better communicate in a situation like that?

*Reflection:*



*Group discussion notes:*



## Step 4: Prepare Additional Questions for Supplemental Module Meeting 1



Note any additional questions you may have for the group or the facilitator.

*Reflection:*



*Group discussion notes:*





# Supplemental Module Meeting 1



**Discussion of Introduction, Part 1  
and Part 2**

*60 minutes*

**Homework**

Date	
Time	
Link/Location	





### Step 1: Attend Meeting

Return to Introduction Meeting, *Step 3: Prepare Community-Building Activities/Discussion Questions* to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



*To engage in discussion, go back to the homework you completed after the Introduction Meeting.*

### Step 2: Complete Homework [For Supplemental Module Meeting 2]

Please complete the following activities in preparation for the next meeting:

- \_\_\_\_\_ Complete Part 3: Identifying Supports for You and Your Grandchild
- \_\_\_\_\_ Complete Part 4: Caring for Yourself
- \_\_\_\_\_ Complete Wrap-Up
- \_\_\_\_\_ Download and review materials mentioned from the Parent Toolkit resources in the supplemental module.
- \_\_\_\_\_ Prepare to discuss the topics addressed in Parts 2 and 3 and the Wrap-Up during the next meeting by answering the questions in *Step 3: Prepare Community- Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4.

### Step 3: Prepare Community-Building Activities/Discussion Questions

Write your responses in the blue boxes on the next few pages as you prepare for the *next meeting*. During the *Supplemental Module Meeting 2* group discussion, record your notes in the magenta boxes.



### Part 3: Identifying Supports for You and Your Grandchild Negotiating Systems of Care Interaction and Discussion Questions

Part 3 focused on helping grandparents who are raising their grandchildren understand they may need help, services, and information

- A. Are there areas where you struggle in obtaining the help or services you or your grandchild need?
- B. How can you use the four steps to work towards getting that service or assistance?

*Reflection:*



*Group discussion notes:*



### Part 4: Caring for Yourself

#### Caring for Yourself Interaction and Discussion Questions

Part 4 highlighted that grandparents who are raising grandchildren are more likely to experience poorer physical and mental health than non-caregivers.

- A. Consider how the demands of raising a grandchild impact you and your health. Are you meeting your own needs? Why or why not?
- B. What can you do better to meet your current needs (e.g., attend doctor's appointments, leverage circle of support, exercise, socialize)?

*Reflection:*



*Group discussion notes:*



### Part 4: Caring for Yourself

#### Grief and Loss Interaction and Discussion Questions

Grandparent caregivers often must cope with a variety of losses or challenges caused by adverse family events that have necessitated their need to raise a grandchild.

- A. What experiences do you have with grief and loss? What types of losses have you experienced? Do these losses stem from what used to be or what is yet to come or both?
- B. What are some of the positive takeaways you have found as a result of the grief and loss you have experienced?

*Reflection:*



*Group discussion notes:*



### Part 4: Caring for Yourself

#### Caregiver Stress Interaction and Discussion Questions

Parenting can be a source of stress, and it can be influenced by a grandparent's energy, health, and psychological distress, like depression and anxiety. You should understand there is no single right way to cope with stress, and there are several ways that individuals can and do cope with stress.

- A. What is something that your grandchild does that causes you stress? How do you manage that stress?
- B. What do you most enjoy about being a grandparent caregiver? What is your least favorite part? How can you reframe that thought into something positive?
- C. Whom in your life could you ask for help? How do you think they would react to you asking?

*Reflection:*



*Group discussion notes:*



### Part 4: Caring for Yourself

#### Planning for the Future Interaction and Discussion Questions

Families often delay making important decisions until a crisis occurs. However, making decisions when you are under stress is not recommended. Planning before a crisis can help your family prepare for potentially difficult decisions.

- A. Think about the short term and long term:
- B. What do you want or need to plan for regarding the short term?
- C. What do you want or need to plan for regarding the long term?

*Reflection:*



*Group discussion notes:*





### **Wrap-Up: Module Discussion Summary Questions**

- A. Which topic discussed in the supplemental module was the most beneficial to you as a caregiver Why?
- B. What strategies or skills did you learn in the supplemental module that will help you achieve the goals you have for your grandchild or your family?
- C. What has changed in your interactions with your grandchild since before you started completing the supplemental module?
- D. Have you noticed a difference in the way your grandchild is responding to your parenting?

*Reflection:*

### *Group discussion notes:*



## Step 4: Prepare Additional Questions for Supplemental Module Meeting 2



Note any additional questions you may have for the group or the facilitator.

*Reflection:*



*Group discussion notes:*





# Supplemental Module Meeting 2



**Discussion of Part 3, Part 4,  
and Wrap-Up and Resource Sharing**     *60 minutes*

**Homework**     *None*

Date	
Time	
Link/Location	





### Step 1: Attend Meeting

Return to Supplemental Meeting 1, *Step 3: Prepare Community-Building Activities/Discussion Questions*, to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



*To engage in discussion, go back to the homework you completed after Supplemental Module Meeting 1.*

### Step 2: Complete Homework [optional]

Consider registering for additional Thrive Initiative universal parenting programs or supplemental modules.

- Information about the Thrive Initiative universal parenting programs can be accessed at <https://thrive.psu.edu/>.
- Supplemental modules can be accessed at <https://thrive.psu.edu/modules/supplemental/>.

Visit the Thrive Initiative website at <https://thrive.psu.edu> to access additional resources and materials.

