



# grandfamilies

PROSPERing with 10- to 14-Year-Olds

A supplemental parent education module designed to offer support to grandparents who are full time caregivers of children between the ages of 10 and 14 years old.

Grandparents often have little time to prepare for the tremendous responsibility of raising their grandchild. They may assume it under socially stigmatizing and, oftentimes, very difficult family circumstances, and they probably have had little direct or ongoing responsibility for raising a child for many years. As a result, they may be less familiar with current parenting practices and, now, may need to shift and change their views on how to parent.

This program will provide grandparent caregivers with the opportunity to learn new parenting skills and discover new ways of thinking and coping with parenting to be successful in raising their grandchild.

This supplemental module builds on information and strategies discussed in either the Thrive Branch Out parenting program or the Strengthening Families Program 10-14 (SFP 10-14), so it is recommended that you participate in one of these programs prior to the supplemental module.



## In this module you will learn how to:

-  Find ways to deal with the challenges of being a grandparent caregiver.
-  Implement positive parenting techniques.
-  Plan for and value spending time with your grandchild.
-  Understand the developmental needs of your grandchild.
-  Communicate effectively with your grandchild.
-  Negotiate systems of care and ask others for help.
-  Identify useful coping and stress management techniques.

**For more information about this supplemental module visit:**

<https://thrive.psu.edu/supplemental-modules/>