PennState

grandfamilies

PROSPERing with 10- to 14-Year-Olds

Parent Workbook and Syllabus

Delivery Type 2: Supplemental Stand Alone

This encompasses the formation of a new group of families that consists of individuals who have participated in a Thrive Initiative core, universal parenting program.

This material is the result of partnership funded by the Department of Defense between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with Penn State University.

CLEARINGHOUSE FOR MILITARY FAMILY READINESS

Summary of Training

Use this summary to keep track of your homework due dates and meeting dates, times, and location(s).

Thrive Initiative Account and Course Registration

Due Date	FACILITATOR: Enter due date

Intake and Introduction Meeting *(Meeting: 60 min/Homework)*

Date	FACILITATOR: Enter meeting date
Time	FACILITATOR: Enter meeting time
Homework	Complete the Module's Introduction, Part 1, and Part 2
Due Date	FACILITATOR: Enter due date

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

Date	FACILITATOR: Enter meeting date
Time	FACILITATOR: Enter meeting time
Homework	Complete Part 3, Part 4, and the Wrap-up
Due Date	FACILITATOR: Enter due date

Supplemental Module Meeting 2: Discussion of Parts 3 and 4 and the Module's Wrap-Up *(Meeting: 60 minutes/Homework: optional)*

Date	FACILITATOR: Enter meeting date
Time	FACILITATOR: Enter meeting time
Homework (optional)	Visit the Thrive Initiative's website for additional parenting resources: https://thrive.psu.edu

Supplemental Module Registration

Complete these steps prior to the Intake and Introduction meeting.

Create a Thrive Initiative Account and Register for the Course

- 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. If you do not have an existing account, select the "Sign up" button.
- In the pop-up box, enter your first name, last name, and an email address. Next, create a username and password. Select your military affiliation, and check that you are not a robot; then, click the blue "Create account" button.

Tip: To help you remember your username, you may want to use your email address as your username.

- You will now be able to login and access the Thrive parent-education programs. Click "Login" at the top of the web page. In the pop-up box, enter your username and your password; then, click on the blue "Login" button.
- After you login, you will be able to view the course catalog (upper right-hand corner) and select the supplemental module you would like to participate in.
- Select the blue "Go to Course" button to start the online supplemental module.

If you have any difficulty registering for an account or accessing a Thrive Initiative parent-education program or supplemental module, we would be happy to assist you!

The Thrive Initiative Team can be emailed at thrive@psu.edu.

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

Intake and Introduction Meeting

Intake and Introduction Meeting *60 minutes*

Homework

Date	To be entered by facilitator
Time	To be entered by facilitator
Link/Location	To be entered by facilitator

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 Grandparent 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:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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 factors that might influence him or her. 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 him or her.

A. Consider your grandchild and his or her relationship with his or her 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:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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 his or her behaviors and needs?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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 he or she was reluctant to agree. How could you use these assertive communication techniques to better communicate in a situation like that?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Step 4: Prepare Additional Questions for Supplemental Module Meeting 1

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

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Supplemental Module Meeting 1

Discussion of Introduction and Part 1

60 minutes

Homework

Date	To be entered by facilitator
Time	To be entered by facilitator
Link/Location	To be entered by facilitator

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 Intake and 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 Grandparent 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 1* 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:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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 he or she would react to you asking?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

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:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Step 4: Prepare Additional Questions for Supplemental Module Meeting 2

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

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Supplemental Module Meeting 2

Discussion of Introduction and Parts 3 and 4 and the Wrap-Up and Resource Sharing *60 minutes*

Homework *(optional)*

Date	To be entered by facilitator
Time	To be entered by facilitator
Link/Location	To be entered by facilitator

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 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.