

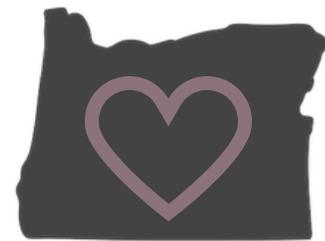
OREGON

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Parenting Together!

September 2017



Introduction

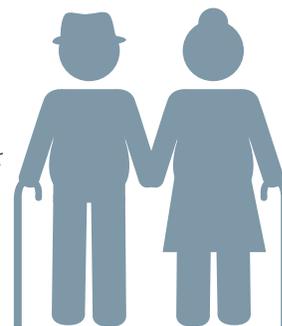
Parenting is rewarding, but also hard work. While there are many resources available for parents, often times there is less help for those parents who are not biological (stepparents, adoptive parents, foster parents) or for grandparents who serve as primary caregivers. The work and dedication of these individuals will be honored this month with *National Grandparents Day* (September 10th) and

National Stepfamily Day (September 16th). To recognize the important role that all parents play in the life of a child, this issue provides guidance and resources for grandparents and non-biological parents who serve as primary caregivers in the family.

This series of newsletters is inspired by and created just for parents. If you have suggestions, comments, or ideas for future newsletters please email: opec@oregonstate.edu. For additional parenting resources, like us on Facebook (Oregon Parenting Education Collaborative) and follow us on Twitter (@OPECParentingEd).

Grandparents as Parents

According to census data reported by PBS in 2016, "Nationwide, 2.7 million grandparents are raising grandchildren..." While there are an overwhelming number of resources available for traditional families on parenting, there is less for grandparents raising their grandchildren. The good news is that there are resources out there! Here are a few that we can recommend:



Grandparenting Today

University of Wisconsin Extension

<http://fyi.uwex.edu/grandparenting/2011/03/21/12/>

Fact sheets with a variety of topics including: child development, relationships, communication, family patterns, etc.,

Parenting Grandchildren

OSU Extension, Family and Community Health

<http://extension.oregonstate.edu/fch/healthy-families/parenting-grandchildren>

Links for grandparents raising children in Oregon, and a reading list for children dealing with challenging circumstances

Grandparents Raising Grandchildren

Michigan State University Extension

http://msue.anr.msu.edu/news/grandparents_raising_grandchildren

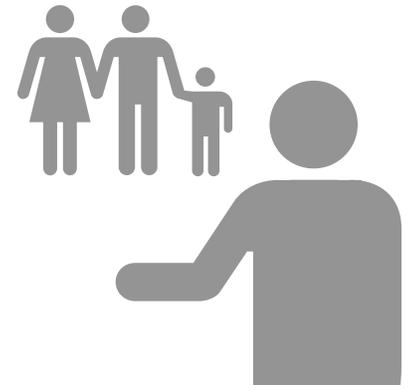
A ten part series addressing a range of topics with links to external sites that provide additional resources.



Find us on Facebook (Oregon Parenting Education Collaborative), Twitter (@OPECParentingEd) and our website: oparenting.org

Stepparents as Parents

Becoming a stepparent is a unique opportunity to develop a close and supportive relationship with the child of your significant other or spouse. It is a big responsibility that can be both rewarding and challenging, and while the challenges are often depicted in mainstream media, it can feel that there is little support for stepparents who are seeking guidance in developing relationships with their stepchildren. We have done some searching to provide you with access to a few websites with high quality information for stepparents.



Foundations for a Successful Stepfamily

University of Missouri - Extension

<http://extension.missouri.edu/p/GH6700>

Overview of different topics for stepfamilies (topics include: Personal Goals & Expectations, Jobs, Children). This site includes a free PDF download of the content.

10 Myths about Stepfamilies

Michigan State University Extension

http://msue.anr.msu.edu/news/10_myths_about_stepfamilies

List of 10 myths/facts about stepfamilies. Knowing the facts reduce the impact that common perception (or myths) can have on the transition or adjustment to a new family unit.

National Stepfamily Resource Center

Auburn University

<http://www.stepfamilies.info/>

Dedicated resources for stepfamilies that include tips, fact sheets, FAQs and research summaries.

Fun With Your Kids!

Building a Scrapbox for Your Favorite Places

Do you and your child have a favorite place that you like to go together? You can use old shoe boxes to create a scrapbox of your favorite place. If you visit the park together, collect some leaves, rocks or acorns and bring them home. Help your child decorate the box by drawing pictures together or putting stickers on the box. Use the box to store items from your favorite place and make sure to add to that each time you visit! Then, on those rainy days when you are unable to visit you can take out the box and relive the memories using the items that you collected!



References

<http://www.pbs.org/newshour/rundown/more-grandparents-raising-their-grandchildren/>

https://www.babycenter.com/O_10-simple-fun-activities-for-parents-and-preschoolers-to-do_64431.bc



Oregon State University
Hallie E. Ford Center