

Top Takeaways: *Grandparents Are People Too* Webinar

- Take time in your self-care as a grandparent to affirm your value as a guiding force.
- Taking care of yourself is not selfish, it is essential.
- The goal of successful grandparenting is to move from conflict to cooperation.
- All relationships have the potential for change and growth, both love and conflict.
- Communicating expectations promotes respect and understanding.
- Being a grandparent is about showing up in the way your family needs you now.
- Setting boundaries helps prevent confusion and tension.
- It is important to validate feelings without violating boundaries.
- Choose those self-care strategies that enhance you individually *and* as a grandparent.
- Create a lasting legacy that shares the values and beliefs most important to you.
- As grandparents, may we care for ourselves with the same compassion we offer our families.

