

## **Touching Hearts Touching Minds Handout #24 Baby diaper (Educating grandparents) Counseling Tool**

### **What is the key message?**

- Times have changed. What used to be considered “best practices” in parenting have changed.
- Parents may need to assert their role as the decision-maker for their children.

### **Who should receive this message?**

- Parents struggling with grandparents or relatives telling them how to provide care to their child that is inconsistent with current practices or parental wishes.
- Grandparents.

### **How can this message be used?**

#### **Open:**

How has your relationship with your parents or other family members been since you’ve become a parent?

- What gifts do grandparents and other older family members give us?

#### **Dig:**

- What parenting advice have you received? What have you done with that advice?
- What has worked for you in the past when talking with grandparents who insist on practices that aren’t consistent with best practices today or your wishes?
- (Offer handout to participants.) How could you use this quiz with your grandparents to resolve conflict over how to care for your baby and children?

#### **Connect:**

- Respect for grandparents is important. How do you balance well-meaning advice from grandparents that isn’t consistent with “best practices” of caring parents today with your need to protect your child from potential harm?
- How does it feel to know that you are the most important person in making decisions for your child?



- How will making decisions based on what YOU feel is best impact your child's future?

**Act:**

- What will you do differently with in your next conversation with grandparents over how to care for your baby or children?
- How will you set boundaries this week with well-meaning grandparents so that your children are as healthy as they could be?
- What advice would you give a parent dealing with a grandparent or caregiver who thinks they know best?

