

# Grandparents



Grandparents can play a vital role in the lives of their grandchildren, and adult children! A grandparent's seemingly endless supply of love, generosity, kindness, wisdom, and understanding can go a long way in creating a stable and happy growing environment for children. On the other hand, sometimes the deep care grandparents demonstrate for their family can translate into tension, misunderstanding, or hurt. Parents may feel a sense of interference, criticism, or pressure when grandparents become too involved in the role of parent rather than grandparent. Grandparents, in turn, may feel misunderstood, unsure of specific boundaries and expectations, and afraid of losing time with their grandchildren. In extreme cases, children, parents, and grandparents can become isolated and suffer tremendous pain and confusion if communication ceases.

Family dynamics are complex; yet they can be so rewarding and fulfilling! Navigating complicated matters in family is no easy task - seeking help to assist in learning practical solutions and receiving applicable advice can become the difference maker in experiencing successful and harmonious relationships within family.

*real consulting* offers services to assist with:

- Family Dynamics
- Grandparent and Adult Parent Dynamics
- Child and Grandparent Boundaries/Dynamics
- Communication Skills and Establishing Healthy Boundaries

Please contact the *real consulting* office for further information or to book an appointment.

## *real consulting*

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