



Family Law

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LAWYER

Q

I used to care for my grandchildren, but now they have moved and I don't see them. I really miss them and they tell me they miss me too. I don't want to be pushy, but what can I do?

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The good news, is that there are a number of things that you can do without disrupting your grandchildren's routines. A recent edition of Curious Guide highlights benefits of strong grandparent/grandchild relationships, as discussed in research at Boston College and the University of Oxford.

In cases where grandparents/grandchildren are emotionally close, both sides are less likely to be depressed, and the depression is less severe than in family units without such strong ties.

Some suggestions include: use technology, such as Facebook, FaceTime or Skype to video chat and share photos and experiences.

Share skills with each other: your grandchildren intuitively can demonstrate how to get the most out of your cellphone, tablet or computer, and in exchange you can teach them a skill such as quilting, woodwork or identifying constellations.

"People don't plan to fail, they fail to plan" goes the old saying. Organize one-on-one time with your grandchildren, giving each alone time with you, whether at a meal, event or pastime. Schedule family get-togethers; the work involved in such planning is rewarded ten-fold.

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