



GRANDPARENTING SERIES

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OF
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A harmonious intergenerational communication



One of the keys to healthy intergenerational relations: the ability to clarify expectations and limits

It is highly advisable for the adults in a family to agree on the **role each should play** in the lives of the grandchildren. In this way, the children find a balance between the attention, affection and supervision of their parents or grandparents.

Clear, open and authentic communication between grandparents and parents from the outset is crucial to **the development of harmonious family relationships**. This is particularly true when there are differences in the education, values and culture of the adults in a family. It helps clarify expectations and limits. Grandchildren, for their part, as they grow up and become adults, are able to express their own expectations.

It is also important for parents and grandparents **to respect each** other in the close relationship that can develop, to preserve each other's roles and privacy. Another skill for everyone to develop is **the ability to say no** and feel comfortable with each other.

By maintaining activities outside the family, grandparents bring new perspectives and valuable experiences to their children and grandchildren, thereby fostering a dynamic intergenerational relationship.

Communicating better as grandparents with your children and grandchildren

Advice for grandparents on their relationship with their <u>children</u>	Explanations or examples
<ul style="list-style-type: none"> Ask directly: "How can we help you?" 	<ul style="list-style-type: none"> Preparing a meal, doing a load of laundry or cleaning up can be just as useful as looking after the baby.
<ul style="list-style-type: none"> Respect parental decisions and education rules. 	<ul style="list-style-type: none"> Be respectful of bedtime and food choices. Spoil the grandchildren, while respecting the parents' rules.
<ul style="list-style-type: none"> Regularly express your trust in their parenting skills. 	<ul style="list-style-type: none"> Confirming and celebrating parenting skills makes it easier to share experiences and build confidence.
<ul style="list-style-type: none"> Avoid being too critical of your children and grandchildren. Do not discuss disagreements in front of a child. 	<ul style="list-style-type: none"> Accept family members as they are, without judgment.
<ul style="list-style-type: none"> State your availability and the activities you can do, and ask that they be respected. 	<ul style="list-style-type: none"> This helps manage requests and strengthen bonds with your grandchildren. Avoid arriving unannounced.
<ul style="list-style-type: none"> Be open and tolerant. 	<ul style="list-style-type: none"> This attitude makes it easier to talk, especially if there's tension with your children about your role.
<ul style="list-style-type: none"> Express your gratitude and the privilege of having a place in your grandchildren's lives. 	<ul style="list-style-type: none"> Recognize that this place is earned through mutual trust with parents.
<ul style="list-style-type: none"> Recall what you appreciated about your parents. 	<ul style="list-style-type: none"> Draw on positive experiences and avoid past mistakes.
Advice for grandparents on their relationship with their <u>grandchildren</u>	Explanations or examples
<ul style="list-style-type: none"> Show kindness. 	<ul style="list-style-type: none"> Give time and love in many ways: prepare their favourite meal, don't get angry over little things. These qualities show unconditional love and acceptance of the child as he or she is.
<ul style="list-style-type: none"> Create a happy, tension-free atmosphere. 	<ul style="list-style-type: none"> Put situations into perspective using your life experience.
<ul style="list-style-type: none"> Avoid constant worry or intransigent authority. 	<ul style="list-style-type: none"> Avoid showing your fear of your grandchild falling while playing. Avoid adding rules that are stricter than the parents'.
<ul style="list-style-type: none"> Avoid complaining all the time. 	<ul style="list-style-type: none"> Avoid talking often about your pain, illness or financial worries.
<ul style="list-style-type: none"> Avoid having unrealistic expectations of your grandchildren. 	<ul style="list-style-type: none"> Don't demand hugs, kisses or frequent phone calls or visits.



Words of a wise grandmother

"Despite their good intentions, grandparents experience a lot of clumsiness on the part of their children, and this makes their role more difficult.

Our children are often focused on their own needs and ask us about our availability to babysit, without checking in with us first.

What I would have liked was to hear from them from time to time and spend some time together. I therefore have to be content with looking after my granddaughters, and enjoy it, of course. Over time, we've developed a special bond that's been good for us.

For my part, I often walk on eggshells with my children and their spouses, but I persist because I want to preserve the bond I have with my granddaughters. They are very grateful to me, so I try to be patient and understanding with their parents who are going through various situations beyond my control."



When grandparents must assert their rights

Conflicts between grandparents and parents sometimes lead the latter to refuse grandparents contact with their grandchildren. Article 611 of the Quebec Civil Code allows grandparents to assert their rights:

"Personal relations between the child and his or her grandparents may be maintained or developed to the extent that this is in the child's interest and that, if the child is 10 years of age or over, he or she consents to it, unless he or she is unable to express his or her will."

The Association des grands parents du Québec (ADGPQ) is dedicated to fostering intergenerational family ties and defending the rights and relationships between grandparents and their grandchildren. If these ties are weakened, don't hesitate to consult the Association des grands parents du Québec!

Help line (ADGPQ front door):

514 745-6110 | 1 866 745-6110

Website: grands-parents.qc.ca

Find a list of meet-up cafés, legal and psychosocial conferences.

Facebook and Instagram : @ladgpa

Association des grands-parents du Québec
365 St-Jean Street, Suite 035
Longueuil (Qc) J4H 2X7

WANT TO FIND OUT MORE?

Take a look at Naître et grandir [Parents and Grandparents: Fostering Harmony](#)

This project for active retirement is part of a larger project, the collective impact plan of Réseau Résilience Aîné.es Montréal (RRAM), which aims to promote the resilience, inclusion and social participation of seniors in the city of Montreal.



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