
June 2010 *LifeSolutions* Corner

My daughter and grandson have moved in unexpectedly. I'm so stressed.

Although you love your child and grandchild dearly, their transition back into your home can complicate your life. The stress you are feeling is normal. It's a signal that this change is affecting you, and you need to take steps to deal with it.

◆ **Take care of yourself**

Airline attendants direct you to "secure your own oxygen mask" before securing the person's next to you so that you can better assist others. It's important to practice good self-care and to make sure your basic needs are met at home so you can help your loved ones successfully.

◆ **Explore options**

Your new living situation does not have to be permanent. Begin to explore potential options with your daughter and other family members who are willing to be involved. You could contact *LifeSolutions* for help in looking at alternative housing options, considering ways to bring in income, explore child care, and find community resources.

◆ **Set boundaries**

Decide what is realistic for you to offer for financial, personal, emotional, and housing support. If you don't want your daughter to live with you on a permanent basis, talk with her about your expectations and establish guidelines. Good parenting of children at any age involves nurturing and structuring. Encourage children to get on their feet and lead independent lives.

◆ **Find a listening ear**

It is important to have someone outside the family listen to you and help you think things through. *LifeSolutions* is available to listen, brainstorm, explore resources, and help develop a plan of action.

Call 1.800.647.3327, or visit www.lifesolutionsforyou.com.

