

TIP SHEET:

Grandparents Raising Grandchildren



- Developing a trusting relationship with grandparents is vital to establishing a positive interaction. It is important to listen to their concerns, validate their experiences, and demonstrate empathy and respect.
- When working with grandparents, it is important to be culturally sensitive by acknowledging and respecting their cultural and linguistic diversity. Honor their traditions and beliefs, and utilize language and communication styles that are supportive of them.
- It is crucial to focus on their strengths and abilities. Recognize and highlight their successes rather than their shortcomings to empower them and help to build their confidence in their role as caregiver.
- Raising grandchildren may be a challenging experience for grandparents, both emotionally and physically. It's crucial to be patient and supportive as they navigate the complex challenges that come with this responsibility.
- Connect grandparents to legal support so they can make sure they have the right to make key decisions about their grandchild's education and medical treatment.
- Encourage grandparents to prioritize self-care by taking regular breaks, engaging in activities that promote well-being, and seeking support when needed. Remind them that their own health and happiness are just as important as the well-being of their grandchildren and that taking care of themselves will ultimately help them provide better care for their loved ones.
- Provide appropriate support that is tailored to the grandparents' specific needs. They face a unique set of challenges that differ from those faced by parents. Some of these challenges may include financial strain, health issues, and social isolation. One way to support grandparents who are raising grandchildren is to connect them with community resources that can provide valuable support and resources. This may include referring them to local support groups or counseling services, helping them to access financial assistance programs, legal aid assistance, food assistance, etc.





RESOURCES

- 1. Grandparents Raising Grandchildren** - Tips and Resources for School, Staff, and Families
- 2. Las Cumbres Community Services Grandparents Raising Grandchildren Program** - Provides support, resources, and discussion topics to foster the growth and well-being of grandparents who are the primary caregivers to their grandchildren in Rio Arriba, Santa Fe, and Taos counties. 505-629-1813
 - **Rio Arriba Grandparents Raising Grandchildren Group**
Last Thursday of every month, 5:00 to 7:00 p.m. Childcare provided.
RSVP at 505-753-4123
 - **Santa Fe Grandparents Raising Grandchildren Group**
Second Thursday of every month, 4:30 to 6:30 p.m. Dinner and childcare are provided.
RSVP at 505-955-0410
 - **Taos Grandparents Raising Grandchildren Group**
First Wednesday of every month, 5:30 to 7:30 p.m. Dinner and childcare are provided.
RSVP at 575-224-3197
- 3. Legal Resources**
 - **Advocacy, Inc. New Mexico Guardianship Project** - Statewide low or no-cost legal services for guardianship, adoption, training, and referral. Helps grandparents, relatives, and kin obtain the legal authority needed to register children for school, and authorize medical treatment, and other benefits. 505-266-3166
 - **Law Access New Mexico** - Provides respectful, efficient, high quality legal advice, brief service and referrals to eligible low-income New Mexicans over the telephone to help remove barriers to the justice system. 1-800-980-1165
 - **Pegasus Legal Services for Children Kinship Guardianship Legal Helpline Program** - Legal helpline with information, advice, and assistance for kinship guardianship cases, and direct legal representation in uncontested cases. 1-800-980-1165, Albuquerque: 505-217-1660
 - Legal assistance for low-income people representing themselves, includes drafting pleadings and on-going legal help throughout the case.
 - Referrals for direct legal representation
- 4. Methodist Children's Home Gap Program** - Provides services to grandparents and other relatives raising children. Services include case management, information and referral, educational workshops, and assistance with legal issues and support groups.
 - **MCH Family Outreach-Albuquerque**, 505-255-8740
 - **MCH Family Outreach-Las Cruces**, 575-222-0177
- 5. National Indian Council on Aging (NICOA)** - Information for Native American grandparents who are raising grandchildren.
- 6. New Mexico GrandFacts State Fact Sheet 2021** - Fact sheet for grandfamilies includes state-specific data and programs as well as information and public benefits, educational assistance, legal relationship options, and state laws. Visit www.grandfamilies.org to find all GrandFacts fact sheets.
- 7. Parents of Addicted Loved Ones (PAL)** - Belen and Roswell PAL is a national faith-based nonprofit that helps families learn healthy ways to deal with an adult child struggling with addiction. Meetings are facilitated by parents who complete the training program and receive ongoing education. Weekly meetings include an evidence-based educational component using a curriculum written by a licensed Substance Abuse Counselor, and peer-to-peer support. Meetings are offered free of charge to both the facilitator and the attendees. 480-300-4712 (8:00 a.m. to 8:00 p.m. MST)
- 8. Youth Heartline** - Youth Heartline offers a broad scope of family support, which includes outreach, therapeutic support, and community building through psycho-educational programming. Services are inclusive of grandparents or non-biological caregivers who are raising children. 575-758-0106