



# Would you be our grandma?

In our global community, many families don't have extended family living nearby. Even with a supportive partner and friends, being away from your family of origin can be challenging, particularly when the demands of a young family are at their peak. Modern technologies can help create connection despite distance but virtual hugs just aren't the same as the real thing and it doesn't give you that hand when you need it! Building a surrogate family around you can help to ease the burden and results in a win/win situation for all.

### Young and old share a special bond

The special love shared between grandchildren and grandparents is a wonderful influence for children as they're growing up and a great source of joy for the elders. Grandparents and other older adults can offer a unique perspective and wise words on many issues and they love to share their stories about when they were young. If distance, differences, disability or death prevent you from having involved grandparents, perhaps you can find a wonderful surrogate to fill their place.

### Friends are the family we choose for ourselves

For every child that doesn't have grandparents nearby there are also grandparents or 'grand elders' who are missing out on having grandchildren with which to spend time. Perhaps there is an elderly person living next door that would love nothing more than to have children visit them or an older person in your network that doesn't have family of their own. Spending time with your children could be the very thing that brings meaning and purpose to their later years and brings a new dimension to your children's lives too.

It's a win/win situation. Seek out a special older person and ask, "Will you be our grandma (grandpa etc.)?" You may be surprised at the joy it brings! If you're fortunate enough to have your very own grand elders close at hand, be sure to let them know how much they mean to your family.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au)

- ✓ Virtual hugs just aren't the same!
- ✓ Children and Grandparents have so much to share
- ✓ Consider adopting an older person into your family

*"Friends are the family we choose for ourselves."*

Edna Buchanan

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

**Bare Hands**  
Practical life strategies for women