

LifeSolutions Corner – November 08

“Three generations at home...my daughter and grandson have unexpectedly moved in. I’m so stressed!!! Can LifeSolutions help?”

Yes, we can. Although you may love your child and grandchild dearly, their unexpected transition back into your home can complicate your life. The stress you are feeling is normal. It’s a signal that this change is impacting you, and that you need to take steps to deal with it. Here are some tips.

Take Care of Yourself

It is essential to 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 own basic needs are met at home so that you can successfully help your loved ones. Here are a few ideas for good self-care:

- Build free time into your daily schedule and let people know about it. (10 minutes is doable and is an important start.)
- At least once a month, do something you love, like going out to eat or to a movie or taking a walk in the park with a friend.
- Decide how much financial support you can realistically afford to offer your recently returned family and stick to that.

Explore Options

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

Set Boundaries

Decide what is realistic for you to offer in terms of financial, personal, emotional, and housing support and stand firm. If you don’t want your daughter to live with you on a permanent basis, talk with her about your expectations and establish guidelines. Remember that good parenting of children at any age involves not only nurturing but also structuring: encouraging children to get on their feet, “leave the nest”, and lead independent lives.

Find a Listening Ear

It can be important to have someone outside the family listen to you and help you think things through.

LifeSolutions is available to offer a listening ear, brainstorm with you, explore useful resources and help you develop a plan of action. Call us at **1-800-647-3327**.

We also invite you to visit us on the web at www.lifesolutionsforyou.com or send us an e-mail with your questions at ask@lifesolutionsforyou.com. Your question could be answered in a future LifeSolutions Corner!