

# RAISING GRANDCHILDREN



You have an opportunity to connect with a child in a new way who will remind you of living in the present.

**Get necessary paperwork and legal needs in order.** Look into your insurance to see about adding your grandchild or apply for state assistance (such as Oregon Health Plan).

**Create a support team.** Think about who you can lean on when you need a break.

**Communicate with your grandchild's teachers.** Communicating your grandchild's background will help her teachers gain insight into how they can better meet her needs at school.

**Be active together!** Use your grandchildren's energy to help keep you all healthy.

**Research Trauma-Based Care.** Understanding how children develop will help you respond in a caring, supportive manner.

## Online Resources:

[Generations United Grandfamilies](#)

[Grandfamilies Links to Helpful Services in Oregon](#)

[Raising a Relative with a Disability](#)

[Resource Guide for Relatives Raising Children in Oregon](#)

[Webinar: Help for Grandfamilies Impacted by Substance Abuse](#)