

Grandparents Matter

Family dynamics

Families come in all shapes and sizes. So do grandparents! For those lucky enough to benefit from a grandparent relationship, life can be fuller. With 51% of grandparents actively supporting families with childcare, it is important to know how to maintain a healthy relationship full of mutual respect. In this session, we will talk about the different roles grandparents play in family life. We will explore the ups and downs that come with blended responsibilities. We will also discuss ways to make sure our children respect and value the time they have with these amazing people who bring extra love into their lives.

Session Outline

- The ever-changing role of the grandparent
- Maintaining a healthy relationship
- Respecting boundaries in a family
- Grandparents as carers and carers for grandparents
- Celebrating the importance of grandparents as a family
- Useful websites and resources

Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

Speaker: Gwen Jones



Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.