



SURVIVAL GUIDE FOR GRANDPARENTS

Loving, Comforting, Supporting

Suzanne Vallières and Gabrielle Vallières-Lavoie

A wealth of advice for a rewarding grandparent-grandchild relationship!

160 pages

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Grandmas and grandpas play an increasingly large role in today's families. By assisting parents and building closer connections with their grandchildren, they become indirectly involved in their daily routines and upbringing. It can, however, be hard to clearly define the limits they have to respect, as well as those of the parents. For example, how far should they go to enforce discipline? How can they tell their own child they don't agree with some of their parental practices? What activities can they do with their grandchildren? This book aims to answer questions asked by many grandparents and to offer practical tips so they can play their full part, while contributing to a harmonious upbringing respectful of the parents' values, for the well-being of their grandchildren!

STRONG POINTS

- All the information needed to make grandparents' lives easier.
- Simple, practical, and accessible advice for improving the grandparent-grandchild relationship.
- Short chapters for focussed reading, providing answers to specific questions.
- A dynamic graphic layout, making it easier to absorb the content.
- An author who draws on her own experience to provide relevant comments.

Subjects: child psychology, family relationships, education, grandparentshood

Psychologist Suzanne Vallières has worked in media since 1996. In addition to contributing to a range of magazines, she shares the results of her more than 20 years of experience with young people as a specialized trainer, psychotherapist, lecturer and mother of three children.

Gabrielle Vallières-Lavoie, a doctoral student in clinical neuropsychology, is interested in childhood neurodevelopmental disorders and works with those affected. She has used the knowledge acquired throughout her training to complement the author's extensive experience, in this second collaboration from the mother-daughter team.