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Book Review of Grandparents Raising Grandchildren: Expanding Your View

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Cover Page Footnote

None

Book Review

Grandparents Raising Grandchildren: Expanding Your View

Linda Dannison, Ph.D. and Andrea Smith, Ph.D., 2018, Self-Published? 64 pp.

This gem of a book is intended for grandparents who have the full-time responsibility of raising their grandchildren as a means to support their resiliency and capacity for growth in this often-challenging role. Although much has been written about the stress of kin caregiving, there is a dearth of available literature that is practical, hands-on and designed as well as this book. It can be used by kin caregivers on their own, with a partner or friend or in support groups to enhance their sense of well-being, sustain their ability to function effectively in their caregiving role and remain committed to doing so.

Each of the 7 themed chapters leads with a timely quote, provides psycho-education and information, then offers 3 weekly relevant activities and tools to help expand their views, and closes with possible resources. Of particular note, is that it includes a specific option for “veterans,” the seasoned caregiver who may have a unique and longer lasting perspective. Each chapter offers many valued ways to enrich the conversation and develop new ways to approach challenges. The importance and theme of gratitude as a sustaining force is woven effectively throughout it.

The chapter topics are:

- Your Grandfamily
- Recognizing Your Needs
- Self-Care
- Resiliency Snapping
- Building Strong Relationships
- Building Childhoods
- Rediscovering Your Passion and Joy

The accessible activities in each are tailor made to address the issues that are raised and are innovative, creative, purposeful and focused. Caregivers can benefit tremendously from utilizing these tools and techniques which have the potential to balance and off-set the many stressors they face.

Authors Dannison and Smith are widely respected and very knowledgeable about kincare families, having devoted much of their professional lives to building awareness about the role of these families from a strengths perspective. The authors bring a wealth of insight and clinical skill to the book which makes it approachable, validating and highly beneficial to kin caregivers.

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