

WTNS Radio OSU Extension Update for July 17, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about grandparents, and as always look at some upcoming programs from OSU Extension.

Most of us are probably familiar with baby name books and websites. They compile thousands of names for soon-to-be parents to consider naming their new bundle of joy. Nowadays it is not just the baby who gets a new name. Grandparents are not settling for grandpa and grandma anymore. Just like baby-naming choices, there are plenty of options for grandparents to name themselves as well.

The average age of today's grandparents in the US is 67 years. According to Pew Research, about 83% of Americans over age 65 have grandchildren, and 52% of those ages 50 to 64 have grandchildren. About 72% of grandparents provide occasional child care while another 22% provide regular child care. About 7 million grandparents (roughly 9% of grandparents) have a grandchild living with them, and in those cases 37% of them are the primary caregiver for their grandchildren.

Utah State University Extension shares that close relationships between grandparents and grandchildren are mutually beneficial when it comes to the health and well-being of both. A study found that children who grow up with greater emotional closeness to their grandparents are less likely to be depressed as adults. For grandparents, a close relationship with their grandchildren can boost brain function, protect against depression, and increase their lifespan.

Here are some suggestions from University of Nebraska Extension of things that can be done to build and maintain your relationships:

Take time to have fun. Share the things you love with them and be available to hear about the ideas and activities that excite them.

Spend time with each individual grandchild. This gives grandparents and grandchildren an opportunity to bond without competition.

See the sights. Concerts, plays, museums and parks provide opportunities to be together and exchange ideas and opinions.

Though being physically close certainly has its advantages, geography does not have to determine how close the relationship is between grandparents and their grandchildren.

Visit often. When grandparents live in a different town or state, planning a trip to visit them can fill your child with anticipation and excitement. Even if the visits are infrequent they will help your child view the time spent together with their grandparents as special. In the meantime, use technology. Grandparents can record themselves reading a bedtime story to share with their grandchildren. Or grandchildren can send personalized messages and photos.

Write letters. Who doesn't love to receive mail? Encourage communication via mail or email with both grandparents and grandchildren participating. Both will anticipate the regular communication and will be thrilled to receive responses.

It truly is a special gift for children to have a bond with their grandparents. Sports, dance, music, clubs, and other activities are all great things for our children. But they can never replace the time spent learning about life from an intentional grandparent.

And now let's look at some upcoming programs from OSU Extension. When you have extra money, it's easy to talk about all the responsible things you should do with it. But when you find yourself living from paycheck to paycheck, thinking about saving for future goals seems impossible.

Remove that stress by getting ahold of your finances! Join me at the Coshocton Public Library on Monday evening, August 7th, to learn and gain the tools to break down your challenges into smaller, manageable pieces of a plan that works! Register now by visiting coshoctonlibrary.org.

OSU Extension's "Ohio Person in Charge: Know and Show" course will be offered on Wednesday, August 16 from 9:00 a.m. until 2:00 p.m. in the Coshocton County Services Building. The newly released training meets Ohio Department of Health Person-In-Charge (PIC) Certification in Food Protection requirements by providing safe food handling education for food service employees as well as those opening an establishment for the first time. Registration can be found at coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!