

# BEING A DISTANCE GRANDPARENT

## A Book for ALL Generations

### AUDIO BOOK RESOURCES

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These resources are regularly updated at: [www.DistanceFamilies.com/resources](http://www.DistanceFamilies.com/resources)

### The Distance Family Book Series

If this book has piqued your interest in distance families – don't stop. Here are my other two titles, due for publication in 2021/2022:

*Being a Distance Son or Daughter – a Book for ALL Generations*

*Being a Distance Grandchild – a Book for ALL Generations*

Distance Grandparenting is just *one* third of the distance families story. If your goal is to increase your understanding and empathy for the other generations in your family – these books are for you.

Visit [www.DistanceFamilies.com](http://www.DistanceFamilies.com) for publication details and where to purchase.

### Books

*The 5 Love Languages* by Gary Chapman

Northfield Publishing, 1992

Chapman has written an extensive range of books focusing on *The 5 Love Languages*. Be sure to check out all his titles. Opportunities to show your love to your distance family are all too brief. Once you understand the love language principles it will help you appreciate how *you* like to be loved but more importantly how each member of your family likes to be loved. For example, don't waste money sending endless presents to a person who isn't a 'Gifts Love Language' person. To a certain degree presents are wasted on them. In contrast, be sure to give a 'Quality Time Love Language' family member your undivided attention, without distractions, whenever you call. These are easy habits to embrace and incredibly effective. This is one of the most powerful, incredibly useful books I have ever read.

*Doing Life with Your Adult Children: Keep Your Mouth Shut & The Welcome Mat Out* by Jim Burns

Zondervan, 2019

If you struggle with 'letting go' and supporting your children to head out into the big scary world, this is the book for you. It comes with a strong Christian theme and includes a section about bringing kids back to faith.

*Long-Distance Grandparenting* by Wayne Rice

Bethany House Publishers, 2019

If you want to nurture the faith of your grandchildren but you can't be there in person, this is the book for you.

*Third Culture Kids* by David C. Pollock, Ruth E. Van Reken and Michael V. Pollock  
Nicholas Brealey Publishing, 3<sup>rd</sup> edition, 2017

If you have a strong interest in globally mobile families, this is the 'TCK Bible': foundational teachings of growing up multiculturally.

*Raising Global Teens* by Dr Anisha Abraham  
Summertime Publishing, 2020

Out of touch with your teenage grandchildren? If you would like to explore the hot topics that globally-raised adolescents experience today, this is the book for you.

*Misunderstood* by Tanya Crossman  
Summertime Publishing, 2016

If you would like to understand how international mobility affects children while they live overseas, when they return and as they mature into adults, this is the book for you.

*This Messy Mobile Life* by Mariam Navaid Ottimofiore  
Springtime Books, 2019

If your distance family is multicultural, multi-location, multi-language, multi-values and/or multi-faiths, this is the book for you.

*Families Caring Across Borders, Migration, Ageing and Transnational Caregiving* by Loretta Baldassar, Cora Vellekoop Baldock and Raelene Wilding  
Palgrave, 2007

If you would appreciate delving into a scholarly while still very readable book about how distance families care for each other across the globe, this ethnographic account is for you.

*Invisible Grandparenting* by Pat Hanson  
Park Place Publications, 2013

If you are sadly estranged from your grandchildren due to personality conflicts, custody issues or consequences of choices made long ago, this is the book for you. Further resources are available at: [www.invisiblegrandparent.com](http://www.invisiblegrandparent.com)

*Fault Lines – Fractured Families and How to Mend Them* by Karl Pillemer  
Avery/Penguin Random House, 2020

If you have estrangement in your family, I can't recommend this book highly enough. Distance family estrangement could be as basic as a distance son, daughter (or in-law) preferring not to be present during video call catchups. It's tough. This book will help give you some answers.

*Stop Walking on Eggshells* by Paul T.T. Mason and Randi Kreger  
New Harbinger Publications, Inc, 2<sup>nd</sup> edition, 2010

If a member of your family continuously dwells on the past, is controlling, appears to have issues with everyone and everything (could even be described as 'toxic') this book will not necessarily solve the problem but will put this person's behaviour into perspective.

*Codependent No More* by Melody Beattie  
Hazelden Publishing, 2<sup>nd</sup> edition, 1992

If you often lose yourself in the name of helping and/or changing others with self-destructive behaviour, this book is for you.

## Websites

[www.DistanceFamilies.com](http://www.DistanceFamilies.com)

This website is for this book series

[www.distancefamilies.co.za](http://www.distancefamilies.co.za)

This website is dedicated to South African distance families (connected to DistanceFamilies.com)

[www.thelongdistancegrandparent.com](http://www.thelongdistancegrandparent.com)

Meaningful and simple ways to stay connected across the miles

[www.gransnet.com](http://www.gransnet.com)

U.K. based online community for over 50s

Families in Global Transition ([www.figt.org](http://www.figt.org))

A globally mobile forum for individuals, families and those working with them

## Facebook

Distance Families: [www.facebook.com/DistanceFamilies](http://www.facebook.com/DistanceFamilies)

The Facebook page for this book series project

Being a Distance Grandparent: [www.facebook.com/groups/distancegrandparent](http://www.facebook.com/groups/distancegrandparent)

A private Facebook group for Distance Grandparents (connected to DistanceFamilies.com)

## Podcast

[The Grand Life](http://www.thegrandlife.libsyn.com)

Author Emily Morgan hosts an excellent exploration of grandparenting (local and distance), the relationships within the role and the ways in which grandparenting impacts our children... and their children.

[www.thegrandlife.libsyn.com](http://www.thegrandlife.libsyn.com)

## Professional Services

Families in Global Transition – The Counseling and Coaching Affiliate

A professional subgroup in the FIGT community

[www.figt.org/counseling-coaching-affiliate](http://www.figt.org/counseling-coaching-affiliate)

For additional professional and counselling services please visit:

[www.DistanceFamilies.com/resources](http://www.DistanceFamilies.com/resources)