



Dear WFB: My son and daughter-in-law are having trouble making ends meet. To help them, I've been taking on a lot of responsibility for their child – my 3-year-old grandson. I watch him everyday so my kids can go to work, and sometimes he stays overnight too.

I treasure my time with my grandson, but it can also be very exhausting. It's almost like being a parent all over again. Can WFB help "full-time grandparents" like myself who may need resources or services?



Dear Full-time Grandparent: We speak to a good number of grandparents who provide many hours of care for their grandchildren. We know that while it's a joy to be part of grandchildren's lives, it can become stressful to be so needed and depended upon.

By all means, call WFB and speak with one of our experienced counselors who can give you a variety of ideas and resources. For example, some "full-time grandparents" enroll their grandkids in child care a few days or half-days each week so they can take a break. WFB can help you locate day care for your grandchild if you need it, as well as other helpful services.

You can also find information, links to useful sites and support groups for grandparents by going to our web site, **My Life Values**, at www.wfbenefits.com. (If you need a reminder on how to log in to **My Life Values**, just call a WFB counselor at 1-800-328-4071.) There's a lot to read on grandparenting – including tips on how to say *no* to your family when you are really "too done in to do more!"

Call Work & Family Benefits and visit **My Life Values** for help to keep on being a wonderful – **not worn out** – grandparent!