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# Today's Grandmother: Your Guide To The First Two Years: A Lot Has Changed Since You Had Your Baby! The How-to Book To Become An Active And Engaged Grandmother



## Synopsis

The birth of a baby is exciting for everyone, but much has changed in the last thirty years, meaning it can also be intimidating—especially for the expectant and new grandmother. This is the how-to-guide for grandmothers-to-be, new grandmothers, and those who are becoming grandmothers again. - Explore the most up-to-date facts about pregnancy and birth. - Learn the latest in baby care, such as nutrition, sleep, equipment, and safety. - Prepare for the new family dynamics, challenges, emotions, and parenting approaches today. Get practical information and sensible tips to navigate this wonderful, transforming, yet sometimes challenging relationship with your new grandfamily, alongside Angela Bowen, a Registered Nurse and proud grandmother.

## Book Information

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## Customer Reviews

Angela Bowen, RN PhD, is a Registered Nurse and Associate Professor at the University of Saskatchewan. She has almost forty years of experience, most of it caring for pregnant women and new mothers, or teaching others how to best care for them. She conducts research of maternal mental health, and knows the importance of a grandmother's support. With her knowledge, she felt prepared to become a grandmother, but soon discovered that she too had much to learn. Angela is an active and involved grandmother with her young grandsons, who is often asked for advice on how to succeed as a grandparent.

Bought this as a gift for my mom and she really liked it. It seems to have a lot of the same information I've been reading in updated editions of books like What to Expect and Your Pregnancy Week by Week and from online sources. This way she and I are often on the same page

information wise when talking about my pregnancy and plans for the baby. It seems less comprehensive than those sources, but she's not the one who is pregnant so that is probably a good thing about this book versus ones targeted for pregnant women. My mom appreciated having the latest information since so much advice has changed since she had babies almost 3 decades ago. She also said she liked that it had information on boundaries with respecting your children's parenting choices...she doesn't really need that advice from my perspective, but I've heard of a lot of other grandparents that might benefit from that section of this book, especially if the book was just presented to them as a means of learning about the new recommendations on pregnancy and baby care.

It will be 39 years since I've had a baby in the house, and I'll be helping to take care of this first grandchild when his mother works (at least while he is very little). I suspected raising children is different today but wanted to know how and the best ways to develop a good grandparent relationship with baby and his family. "Today's Grandmother" has given me solid insight, clear steps to take and the best possible advice: Ask questions, listen to the parents and keep your mouth shut. Of course, Dr. Bowen says that in the nicest way. I not only feel better prepared, I am really excited to put this lovely guide to the test.

This is the best book I have found on grandparenting. It updates you on what has changed, both scientifically and with trends, and prepares you for what your children might plan to do--some of which might be very different than they were raised. Once you read this, you will be savvy and up with the trends. You'll still need to learn how to take a back seat--your children now have the RESPONSIBILITY and thus should have the authority of decision making. It's an adjustment, but with lack of authority can also come less stress. AND if we are cooperative and helpful, we might get more time with that adorable baby. I REMEMBER when bossy, unhelpful family members came to visit me. They were NOT invited frequently to visit. Some of them came to see "the baby" and caused me extra work, while I was trying to heal. NEVER AGAIN! They were OFF the list of invited early guests. Those who understood and helped with laundry, cleaning and watching the baby so I could enjoy a shower--THEY were invited back frequently. They got lots of time with the baby, as I grew to trust them. We have been warned! :-)

Very useful and well written. I'm actually a grandpa to-be and I was looking for a more hands-on approach than the grandpa books. I would have liked more depth but this was still well worth the

read and I really appreciated the macro idea of supporting the children to be the best parents they can be.

Having just found out I'm going to be a first time grandmother, I went looking for a book about grandparenting. I had no idea if there even were books out there on the subject. Today's Grandmother is perfect. I have learned about what's new with new parents and what has changed since I had mine 28 years ago. There are many great ideas in this book. It's a must for anyone becoming a new grandmother.

It was like two books in one. Some very basic info (as if the grandparents were blind to anything that has gone on in the last 20-30 years) and some very detailed info. And, by the way, many women were nursing 30 years ago.

My mom seems to be finding it useful.

Very comprehensive. Gives a very understandable explanation of timely information for the new grandmother. As a former pediatric outpatient nurse and "late in life" first time grandmother, I found the information addressed all of my concerns.

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