

Self-Care and Clarity of Mind...a weekly column by Princess Lakshman (Sister Iqra)



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **Nurturing Your Children's Relationship With Their Grandparents**

Last weekend, my teenage daughter was blessed to have some precious time with the mother of a dear friend of mine. That evening, clad in our comfy pyjamas and sipping on hot ginger chai, my daughter got quite emotional and opened up to me about something that I had chosen to lock away in a deep compartment in the depths of my heart, too afraid to unravel.

My daughter said to me, "Mum, kids who have grandparents are so blessed. I wish I too had my grandparents in my life."

Then she went on to share with me how precious those moments were that she got to spend with my friend's mum. The wise words that she was blessed to hear from this amazing woman. The laughter they both shared and how they bonded over their mutual love for coffee.

That's when I realised that in my attempt to start a new life with my daughter post my divorce from a DV marriage, and the rat race of trying to find a new normal for my child and me, where we felt safe, secure and joyful all the while practising our newly embraced religion of Islam, I had completely forgotten about how the absence of grandparents would affect my child. How lonely she must feel in her heart seeing other children enjoy time with their grandparents.

As busy adults and even busier parents, we somehow become complacent about the roles that grandparents play in the lives of our children. In today's cyber-colony-gadget-glued world, the time spent between grandparents and our children is not only necessary, it is absolutely vital. It also helps alleviate loneliness that our elders are more commonly experiencing nowadays.

Today, I ask you to pause and reflect on how you are facilitating the bond between your children and their grandparents.

I ask you to reflect on your daily choice of thoughts, words, and deeds that affect your child's time with his or her grandparents.

I ask you to reflect on your belief system about the impact that grandparents play on the lives of their grandchildren.

Here are some questions to help you reflect:

1. What daily actions do you perform to facilitate a better bond between your children and their grandparents?
2. What beliefs do you have about your children's grandparents?
3. How much of your own beliefs about their grandparents are you imposing on your children?
4. What thoughts come to your mind when you think about your child spending time with her/ his grandparents?
5. Do you harbour any fear about your children spending time with their grandparents? If so, why?
6. What do your children say whenever they do get to spend time with their grandparents?
7. How could you help improve the relationship your children have with their grandparents?

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