



Intentional Grandparenting: A Boomer's Guide

Peggy Edwards

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Grandparenting is one of the greatest joys in life. Most “grandboomers” are young, active, and anxious to be involved in the lives of their grandchildren. However, grandparenting in the twenty-first century is often complicated by long distances, family breakups, and remarriage. Based on solid evidence from the experts combined with inspirational – and sometimes funny – real-life stories from grandparents, parents, and grandchildren, *Intentional Grandparenting* provides readers with ten child-centred principles to guide their decision-making as modern grandparents. At the heart this approach is the notion of intentional grandparenting, a process for planning ahead and taking deliberate action to be the kind of grandparent you want to be. The authors identify the challenges and offer practical, parent-friendly advice to help boomers become happy and effective grandparents. Written in an accessible and engaging style, *Intentional Grandparenting* is at once entertaining and informative.

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