

Spending Time with Your Grandkids Isn't Just Fun – It's Good for You!

There are many great reasons for grandparents and grandchildren to spend quality time together. While the younger generation enjoys the unconditional love, wisdom and fun that a grandparent can provide, research has shown that the elder generation enjoys significant health benefits from spending time with their grandkids.

Studies have consistently shown there are positive health benefits for seniors who spend time with their grandchildren. In addition to good old-fashioned fun and enjoyment, grandparents may gain an improvement in physical, mental and emotional health.

The health benefits of investing in this important family relationship include:

- Reduced risk of depression. While you may feel happy after spending time with your grandchild, the mental health benefits extend much further. A good relationship between grandparents and grandchildren has been shown to be a strong anti-depressive.
- Helps you stay physically active. Playing with grandchildren can be a fun way to keep your body moving. Whether you're playing a round of golf together, walking around the shopping mall, or taking a leisurely stroll around the neighborhood, the physical activity is good for your health.
- Good for brain function. Caring for children can keep you mentally alert. A study published in the Journal of the North American Menopause Society

found the highest cognitive scores among older women who spent one day a week babysitting their grandchildren.

- Helps keep you socially active. Taking your grandchild on an outing can provide opportunities for interacting with other adults, and possibly even other grandparents. And, of course, there's the quality time spent visiting with your grandchild. This social interaction can help fight the loneliness that older adults sometimes experience.
- Possibly leads to a longer life. In a study of 500 European grandparents between the ages of 70 and 103, those who did not provide at least some occasional care for their grandchildren were less likely to be alive five years after the study began.

Research has also shown that the grandkids enjoy health benefits, too. One study found that teenagers who regularly spent time with a grandparent had lower rates of depression, higher academic success and greater self-confidence than teens who didn't see their grandparents often.

Need ideas on how to spend a fun day with the grandkids? We've assembled a list of fun-for-all-ages things you can do in the Dallas-Fort Worth area on page 10.

care@care

Insurance Company, Inc.

