

My grandkids went to the Kids Club and I played golf

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Grandparents are supposed to love being with their grandchildren and savour every moment. This is especially the case when you're a Distance Grandparent and thanks to the pandemic visits have been restricted. In the meantime their parents can't wait to hand them over and revel in some overdue 'me time'.

We've just returned from two weeks at Club Med in Florida with our very active 5 and 7 year old grandsons. Sending the boys to Kids Club didn't feel quite right, especially when they moaned about going. We'd travelled all this way and I pondered... *surely we should be able to find the energy to be with them 24/7.*

But parent and grandparents needed a break from their non-stop activity and Kids Club it was... for a few hours, most days. And what was unexpected... sometimes when we went to collect them, they didn't want to leave.

During these breaks hubby and I partook in onsite golf lessons. Hubby the experienced one, learned some finer points about the game and me, the newbie had my first taste. I appreciated this condensed opportunity to test a potential new interest.

In a conversation with Kerry Byrne, Founder of the Long Distance Grandparent she lamented, “visits can be hard on everyone I find - and I make sure to have the kids in a camp or at least out of the house for some chunks of time when family visits, because the kids are a lot. And if you haven't lived with the noise and vibration of these little humans for a while, it can wipe out the grands.” Additionally, *More Than Grand* reminds us, “Understand that kids aren’t always well-behaved. If your grandchildren are having a bad behavior day, it’s not because of poor parenting. It’s because they are children.”

Grandparents need to accept they aren’t super-human and the middle generation parents need to be vigilant to waning energy levels for all concerned. It’s okay for our darlings to be sent to Kids Club (or somewhere similar) to recharge batteries.



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