

祖父母在家庭关系中的影响

孙子女的到来，给你的家庭关系带来了什么变化？作为移民的祖父母在与孙辈建立亲情关系方面有什么挑战？

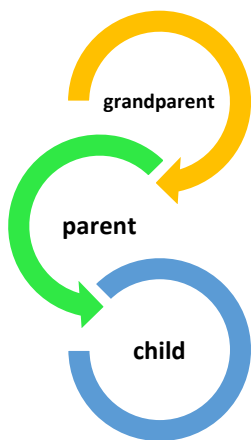
孙子女的到来使得家庭出现三代结构，祖父母的出现和新一代核心家庭 - 孙辈和他们的父母。作为祖父母，可能会让你更接近他们的父母。当您看到孙辈的父母成为好父母时，您可能会感到自豪和喜悦。但有时这些感觉需要一段时间才能出现或者增长，尤其是当您与孙辈的父母之间存在距离或关系紧张时。

作为祖父母，请记住，你孙辈的父母正在学习为人父母。在他们学习的过程中，你的支持会对他们有很大帮助。对于你正在学习成为祖父母也可能会有所帮助。如果孙辈的父母做的事情并不总是如你所愿，尽量不要对自己太苛刻，给你孙辈的父母时间和空间来确定他们想成为什么样的父母。如果您与孙辈父母的关系紧张，孙辈的到来可以作为重新建立联系的机会。

作为祖父母是中国老年人的重要社会角色。然而，移民祖父母由于文化差异和语言障碍，在处理三代家庭关系，育儿观念和与孙辈建立祖孙关系方面会面临挑战。祖父母的文化适应调整、接受定居国文化和调整期望，在与孙子女保持密切关系方面将发挥重要作用。移民祖父母和孙辈父母的关系在孙辈的生活中发挥着重要作用。孙辈父母在祖孙关系中充当指导者、榜样和解释者角色。

联系我们获得更多指引，建立与孙辈关系，将三代人紧密联系在一起。

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三代同堂

– 苦與樂

Generational
Relationship

Grandchildren's arrival can transform family life. The simple structure of "parents and children" expands into "grandparents, parents and grandchildren" or "parent-child x 2 sets", a more complex family structure. Every member has to adjust to their new roles, continuously!

Being a grandparent, you can take a step back to allow space for your children's parenting growth. Your support and understanding are vital and beneficial, but your criticism and expectation could become a burden to your children if not handled carefully. The arrival of grandchildren can create both distance and closeness for different families in different settings.

In addition to the general intergenerational issues, being a grandparent in a foreign land could raise the level of complexity. The joy of cultivating grandparenting style could be complicated by the language and cultural barriers. Balancing the need of sharing life experience, being respectful of personal preferences and understanding the societal framework, is not an easy task. One can choose to focus on the difficulties and retreat love; or choose to embrace the challenge and to explore new ways to love others. As the family unit grows, the effort should be made by all parties and not relying only on the older or the younger generation to change. Practice of healthy communication and boundaries are the key elements, which could be attainable by everyone!

