

## Tool Five: Grandmother Coaches

**DIFFICULTY:** ●●●●○

**FOR:** ORGANIZATIONS

Grandmas2Go is a program that pairs experienced grandmothers with new families that need extra care, guidance, support, and mentorship. Rather than being babysitters or telling new mothers and fathers what to do, the “Grandma Coaches” are partners and provide wisdom, nurturing, and a wealth of life experience to help families navigate challenges, build resilience, and enhance their well-being.

### **BASICS:**

**When:** Grandmas2Go operates on a flexible schedule, with Grandma Coaches and participants arranging meeting times that suit both parties.

**Time Needed:** The time commitment for Grandma Coaches can vary based on their availability and the needs of the participants

**Materials:** While no specific materials are required, Grandma Coaches may use their life experiences, stories, and communication skills to provide guidance and support. But it is good for them to get the latest training and information on early childhood development and child protection.

### **Objective:**

- ➔ **Provide a support system:**  
Offer a nurturing and understanding presence to individuals or families facing various challenges.
- ➔ **Share wisdom:**  
Share life experiences, advice, and guidance to help participants navigate life’s complexities.
- ➔ **Foster resilience:**  
Encourage personal growth, self-confidence, and emotional well-being.
- ➔ **Build intergenerational connections:**  
Promote the exchange of wisdom and knowledge between older generations and younger ones.

**STEPS:****1. Matching Coaches and Participants:**

Participants are matched with Grandma Coaches based on their needs and preferences. Compatibility is considered during the pairing process.

**2. Introductory Meeting:** The Grandma Coach and participant(s) meet to get to know each other, establish goals, and discuss expectations.

**3. Regular Meetings:** Grandma Coaches and participants schedule regular meetings or interactions, whether in person, via phone calls, or through video chats.

**4. Guidance and Support:** Grandma Coaches provide guidance, support, and mentorship based on their life experiences and the specific needs of the participants. Topics can range from personal challenges to practical advice.

**5. Reflection and Progress:** Participants and Grandma Coaches periodically reflect on the progress made, set new goals, and adjust their approach as needed.

**6. Closure:** The program concludes when both the participant(s) and Grandma Coach agree that their goals have been met, or when either party decides to discontinue the relationship.

**THINGS TO CONSIDER:**

Ensure clear communication and expectations between Grandma Coaches and participants from the beginning. Everyone involved should be clear that the relationship is mutually beneficial.

Encourage active listening and empathy during interactions.

Maintain confidentiality and respect participants' privacy.

Provide ongoing training and resources on new science in childcare or techniques or approaches to help Grandma Coaches enhance their skills.

Promote intergenerational activities and opportunities for Grandma Coaches and participants to bond outside of formal mentoring sessions.

**Source: [Grandmas2Go](#)  
([Family Nurturing Center](#))**

