

How to Care for Children with a Broken Foot

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I have been fortunate. In all of the years of being a parent, I was never challenged with mobility issues until I became a grandparent several years ago. The first time I was in a walking boot, my grandchild was a baby. I could hold and cuddle him for hours which worked well for all. The second time I was in a walking boot, I hobbled around with small grandkids that were easy to manage. This time, however, I am in an ortho shoe with orders to not walk. Today, I realized I was in trouble when considering my mobility challenges with three young grandkids that can outrun me in seconds.

Kids Can Provide Added Help



I can drive and have seven-year-old Brandon help with car seat latching. We can get into the house while the grandson parcels out snacks to all. Brandon has also impressed me with his culinary skills. Last week he made his three-year-old twin sisters peanut butter and jelly sandwiches. The girls loved his snack and were impressed with his leadership.

Our seven-year-old grandson was the babysitter and I was the helper. The twins proceeded to follow Brandon around as the leader. They watched him create a domino game, name his new fish in the fish tank, and play with slime as the art project for the day. I marveled at his leadership until all three children ran outside to play in the mud. Then I was in over my head when managing sheer joy and chaos. I was lucky. It was dinner time with mom back in charge to prepare the meal.

We Can Set Boundaries

Tomorrow, I will attempt to care for the kids again with the newly mandated no walking orders. It will be interesting and challenging with the following plan of action:

I have notified the parents about my added limitations.

The grandkids will be briefed and understand that Grandma has new limitations.

A parent will be working from home if or when there is a challenge.

Parents Can Build a Team of Support

I am learning that I must clearly state my needs with the grandkids before the chaos begins. With a team effort of parents and extended family members, the kids continue to thrive and grow in their responsibilities as family members overcome the daily challenges of life.

Happy parenting and grandparenting!

Mary Ann

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