

Estranged from My Grandchildren!

Many of the parents that I work with say that being cut off from their grandchildren is far more painful than being cut off from their adult child. This is because while they may have some understanding of why the estrangement occurred from the adult child, they have little to explain why they would be cut off from their grandchild.

I know that many of you have never even met your grandchildren, you learn about their existence by reading about it in the paper or hearing it about it from a relative or family friend.

Others have had long, intimate relationships with their grandchildren and, as a result of problems with your adult child, DIL or SIL, have been suddenly cast out of their lives as well as the lives of your adult children. This has left a hole in your life bigger than almost anything you ever imagined having to deal with.

You not only are burdened with your own feelings of sadness, grief and anger but worry about the kind of impact that the strain or estrangement from your grandchildren will have on them.

Some of you are allowed some kind of relationship or visitation with your grandchild, but it's strained by the poor relationship that you have with your adult child.

Either way, not having a relationship with a grandchild can be a source of enormous torment for most grandparents. This is because our relations with our grandchildren are based often on a relationship of innocence, shared need, and vulnerability. In most cases, the grandchild/grandparent relationship is a casualty of the parent-adult child battleground, not a choice of the grandchild. In other cases, the grandchild can join the parents in their criticism of the grandparent, creating an even more treacherous minefield for them to walk through.