

# Worksheet

## BECOMING A GRANDPARENT

1. When did you first become a grandparent and to whom?  
What were the events surrounding the birth?

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2. How did you feel about your new role?

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3. What attributes did you notice about your new grandchild?  
Did he or she look like any other members of the family?

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4. What other grandchildren do you have, and when were they born?

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5. In what ways did you change after becoming a grandparent?

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