

Nana and Other Grandmothers: A Celebration of the Extraordinary Women Who Raise and Shape Children

Grandmothers are the matriarchs of our families, the keepers of our traditions, and the dispensers of wisdom and love. They are the ones who rock us to sleep, tell us stories, and make us feel safe and loved.

In her new book, *Nana and Other Grandmothers*, Christian author and speaker Dr. Michelle Anthony celebrates the extraordinary women who raise and shape children. Through personal stories and interviews, Anthony explores the many roles that grandmothers play in the lives of their grandchildren, from being a source of comfort and support to being a mentor and teacher.

Grandmothers come in all shapes and sizes, and they play a variety of roles in the lives of their grandchildren. Some grandmothers are the primary caregivers for their grandchildren, while others provide occasional childcare or support. Some grandmothers are close in age to their grandchildren, while others are much older. No matter what their age or circumstances, grandmothers all have one thing in common: they love their grandchildren unconditionally.



Nana...and Other Grandmothers by G. Christian

★★★★★ 5 out of 5

Language : English

File size : 514 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 119 pages
Lending : Enabled



In her book, Anthony identifies seven key roles that grandmothers play in the lives of their grandchildren:

1. **Nurturer:** Grandmothers provide a safe and loving environment for their grandchildren. They are the ones who rock them to sleep, cuddle them when they're sick, and make them feel safe and secure.
2. **Teacher:** Grandmothers are a wealth of knowledge and experience. They can teach their grandchildren about history, culture, and life skills. They can also help their grandchildren develop their creativity, imagination, and problem-solving skills.
3. **Mentor:** Grandmothers can be a source of guidance and support for their grandchildren. They can help them navigate the challenges of growing up and make wise choices.
4. **Friend:** Grandmothers can be close friends with their grandchildren. They can share interests, hobbies, and secrets. They can also be a source of comfort and support during difficult times.
5. **Advocate:** Grandmothers can be advocates for their grandchildren. They can help them get the resources and support they need to succeed in school and life.
6. **Role model:** Grandmothers can be role models for their grandchildren. They can show them what it means to be a strong, independent, and

compassionate woman.

7. **Legacy builder:** Grandmothers can help their grandchildren build a strong foundation for their own lives. They can pass on their values, traditions, and beliefs. They can also help their grandchildren develop a sense of identity and purpose.

Grandmothers play a vital role in the lives of their grandchildren. They provide love, support, and guidance that can help children grow into happy, healthy, and successful adults.

Research has shown that children who have close relationships with their grandmothers are more likely to have higher self-esteem, better social skills, and greater academic success. They are also less likely to engage in risky behaviors, such as smoking, drinking, and drug use.

In addition to the benefits for children, grandmothers also benefit from their relationships with their grandchildren. Grandmothers who are involved in the lives of their grandchildren report feeling happier, healthier, and more fulfilled. They also have a reduced risk of depression and other health problems.

Nana and Other Grandmothers is a book for everyone who has a grandmother, or who has ever been a grandmother. It is a celebration of the extraordinary women who raise and shape children. It is a book that will make you laugh, cry, and cherish the memories of your own grandmother.

If you are a grandmother, this book is a must-read. It will help you understand the important role you play in the lives of your grandchildren. It

will also give you tips and advice on how to be the best grandmother you can be.

If you are not a grandmother, this book is still a great read. It will give you a glimpse into the special bond between grandmothers and their grandchildren. It will also help you appreciate the important role that grandmothers play in our society.

Nana and Other Grandmothers is a book that will stay with you long after you finish reading it. It is a book that will make you appreciate the extraordinary women who raise and shape children. It is a book that will make you cherish the memories of your own grandmother.



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