

Common Reactions

- **Confusion:** Children may have difficulty understanding Alzheimer's because the disease affects the mind, not the body. Be available to listen and start conversations. Tell children factual information to help them understand about the progress of the disease.
- **Gratitude:** There are many emotions to deal with someone you love diagnosed with Alzheimer's. These could be good, bad, sad, or happy. Take time to reflect on these emotions with your child and how these experiences have affected them.

See the back of the book for more guidelines and suggestions on how to deal with common reactions and how to manage those feelings about Alzheimer's.

Other Storybooks and Reading Guides

Other Storybooks and Reading Guides can be found at:

<https://www.montana.edu/extension/alzheimers/booksandreadingguides.html>

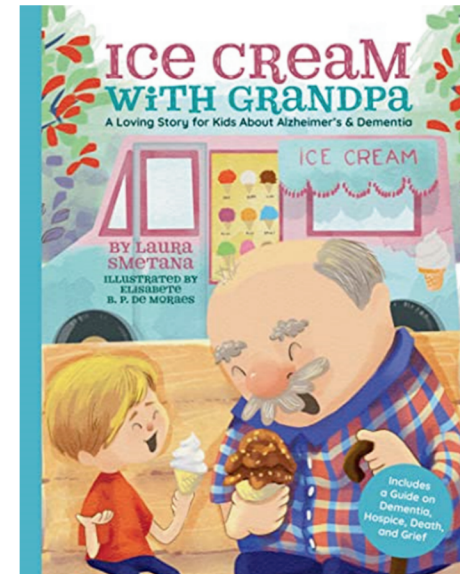


Funding for purchase of the storybooks in this program have been made possible by a grant from the Montana Geriatric Education Center at the University of Montana, and AARP Montana.



Reading Guide for

Ice Cream with Grandpa



Written by: Laura Smetana

Illustrated by: Elisabete B.P De Moraes

Alzheimer's Awareness for Children

About this Program

The MSU Extension ***Alzheimer's Awareness for Children Storybook*** program is designed to teach children about a form of dementia.

The goals of the program are:

- increase awareness and knowledge about Alzheimer's (a form of dementia)
- provide supportive resources to children and families when they have a loved one diagnosed with Alzheimer's.

The authors of this reading guide are:

- **Claudia Andrade**, MSU Extension FCS and 4-H Youth Development Agent, Lake County
- **Keri Hayes**, MSU Extension Program Assistant
- **Marsha Goetting**, MSU Extension Family Economics Specialist

Brief Summary

Grandpa and his grandson are very close. They share many experiences together including going to the park, gardening, harvesting, and making salsas and jams. But most of all, Grandpa and his grandson love eating ice cream. Over time, Grandpa's health declines and he receives a diagnosis of dementia. He is placed in a facility so caregivers can help him out everyday. Through it all, the grandson learns Grandpa is still Grandpa. Their bond deepens through their shared love of ice cream! Each time spent together is special. One night, Grandpa passes. That spring, the grandson and his mom plant a tree in his memory. The grandson still eats ice cream. Each scoop he eats brings back memories of Grandpa.

Questions to Ask

- Grandpa gave his grandson his first taste of ice cream. As he got older, eating ice cream was one of their activities shared. *What are some of the other activities they did together?*
- Grandpa gradually started slowing down and no longer could live by himself. He had to move to a new place so caregivers could help him out. *How did the grandson feel once he visited his grandpa at his new place? What became their special place to go?*
- When it was time to go home from seeing Grandpa, *how did Grandpa show his love to his Grandson?*

Activity Enrichment

- **Keepsake Activity Sheet:** Download the free keepsake art activity sheet at the website on the last page of the book. Use the space to create a work of art together with someone, such as tracing each other's hands, or drawing a picture together.
- **Toppings for Ice Cream:** Buy your favorite ice cream and toppings. Take turn adding toppings to your bowl. Each time you add a topping share an emotion you felt. It could be a happy moment or sad moment. *How did you express and deal with this emotion?*
- **Memory Box:** Think about a special person in your life. Think of the experiences you have with that person. Now use a box (any sort) fill it with postcards, drawings, photos, or objects that remind you of that time or person.
- **Plant a Tree or Flowers:** Plant a tree or flowers to honor a loved one who has passed. Watch this tree or flowers grow and remember them.

See the back of the book for "A Guide for Parents and Caregivers: Tips for Talking with Children about Dementia, Hospice, Death, and Grief"