

Grandparents!

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Yesterday, I heard the heartbeat of my unborn granddaughter! Separated by several thousand miles from her parents, this miracle came to us in a text.

Michael and I are eagerly anticipating the birth of our first grandchild.

We first heard the news last Mother's Day when our son David visited us on a business trip. Joined by his wife, Sarah, on the phone, we unscrambled letter tiles to discover the exciting news: "You are grandparents."

I was fortunate to know and spend time with all four of my grandparents. However, we lived across the country from them and visits were special but infrequent. With my grandchildren, I want to be a more integral part of their lives.

Our world today has changed in so many ways from my youth. Today's grandparents live longer and are younger, healthier and more involved than ever before. As a result, we can see a greater number of three and four-generation families.

As grandparents, we can enjoy an expanded role with our grandkids. We can reconnect with the joys of discovery and play and give our most valuable gift -- time. In the words of Rudy Giuliani:

"What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies."