



Tips for Grandparents





Congratulations! Being a grandparent is one of the most rewarding roles you'll ever have!!

A grandparent's love and support has a positive impact on children, particularly in the early years of a child's life. According to the Foundation for Grandparenting, when kids develop a strong bond with their grandparents, they feel more stable and even do better in school.

There are at least 56 million grandparents in the country. The U.S. Census Bureau reports that more than 4.5 million children live with their grandparents.

FIRST 5 Santa Clara County recognizes the important role grandparents play in the lives of young children. You can make a difference in your grandchildren's lives and have fun doing it!

Here are some tips to help...



Pass on Traditions

Share family stories with your grandchildren. This helps develop a child's mental, verbal, and communication skills.

- Describe the "good old days" in ways that help kids understand their own lives and world around them.
- Cook your family's traditional recipes together.
- Share cultural traditions with your grandchildren.





Move and Groove

A grandparent can help a child develop a healthy lifestyle.

- Keep physically fit together – by stretching, playing hide-and-go-seek, or walking around the neighborhood.
- Pass the peas – or oranges! Help your grandchildren develop healthy eating habits by encouraging them to eat at least five servings of fruits and vegetables daily.



Participate in their Activities

Join your grandkids in their regular activities and celebrate their achievements. It shows them you are very proud of them.

- Watch their martial arts class, soccer game or school play, etc.
- Bring them a congratulatory card for their special moments.
- Take pictures of activities in which the two of you are together.
- Be sure to let your grandchildren know you value them for who they are, not what they are capable of doing.



Create Teachable Moments

Reading to children and playing creative games at an early age helps prepare them for success in school.

- Play games like “peek-a-boo” and word games. Games help kids learn colors, shapes, numbers, and letters in a fun way.
- Read rhymes and stories or sing songs together. Choose books that encourage kids to touch and point to pictures.
- Show kids how to play well with others. Teach cooperation and sharing by taking turns finishing a project and putting away toys.







Bonding While Away

There are many ways to bond with your grandchildren, even if you can't physically be with them on a regular basis:

- Ask your child to put a photograph of you in the nursery. Babies love faces – yours will become familiar.
- Buy two copies of your favorite bedtime book, send one copy to your grandchild, and read in tandem over the phone.
- Bond through sound. Send an audio tape of your favorite lullaby for baby to listen to at bedtime. Sing those tunes on the telephone and then in person when you are together.
- Ask your child to videotape you with your grandchild. Or perhaps of you reading a book?



Make Your Home Safe

The home you love should be a safe place for the little ones you love.

- Supervise children at all times.
- Lock your unsafe, poisonous and priceless items.
- Protect your grandchildren from falling down staircases by installing safety gates. Window guards can protect them from falling out of windows.
- Equip your home with basic safety devices like smoke detectors, a carbon monoxide detector, and fire extinguishers.



FIRST 5 Santa Clara County encourages all grandparents and other caregivers to learn about local resources that help young children.

For more information, please call 408.260.3700 or visit www.first5kids.org

For more grandparenting resources and tips please visit www.aapr.org



FIRST 5
SANTA CLARA COUNTY

