

Connecting with Grandparents and Grandfriends

Many families are now faced with the difficult decision to suspend contact between children and their grandparents or grandfriends to protect our older generation from COVID-19. For many grandparents, seeing their grandchildren is the highlight of their day. Some help with childcare while parents work, and others have already been maintaining long distance relationships. Maintaining this valued relationship can be a challenge.

Here are some ways to remain connected:

Keep Phone or Video Chat Engaging:

- Play peek-a-boo
- Read together with each having a copy of a favorite book
- Have a child do an art show with recent crafts and drawings
- Play music for each other or have a dance party
- Schedule a tea party and wear fun hats
- Play games ex: WAR each having a deck of cards

For older children and adolescents:

- Write a letter to your grandparents/friends or mail artwork
- Have a different family member call on a rotating schedule
- Teach grandparents/friends technology to share photos or videos and video chat
- Ask grandparents/grandfriends for their perspective on a period/event that you learned about in history
- Complete a biography or lifeline (chronologically identify significant events throughout the grandparent's life)