

BLUE SKIES INITIATIVE

GRANDPARENTING FROM A DISTANCE

WE KNOW HOW IMPORTANT GRANDPARENTS ARE AND HOW MUCH IT MATTERS TO STAY IN TOUCH WITH YOUR GRANDCHILDREN.

THIS IS AN UNUSUAL TIME THAT WE ARE ALL SLOWLY ADJUSTING TO. TO TRY TO HELP, WE HAVE PUT TOGETHER A FEW IDEAS AS TO HOW TO MAKE THE MOST OF CONTACT WITH YOUR GRANDCHILDREN.

THESE IDEAS, FOR USING PHONE AND VIDEO CALLS, COME FROM EXPERIENCE, OUR TRAVELS TO THE INTERNET AND FROM REAL GRANDPARENTS.

WE HOPE IT HELPS YOU CONTINUE TO HAVE LOTS OF FUN WITH YOUR GRANDCHILDREN.



ACCORDING TO AN AGA SURVEY, 72% OF GRANDPARENTS “THINK BEING A GRANDPARENT IS THE SINGLE MOST IMPORTANT AND SATISFYING THING IN THEIR LIFE.”

The **A**rea **B**ased **C**hildhood Programme

TUSLA

An Ghnóimheacht um
Leasú agus an Teaghlach
Child and Family Agency

Blue
skies
Initiative

Archways

An tAonair
Leasú agus an Teaghlach
Department of
Children and Youth Affairs

GRANDPARENTING FROM A DISTANCE

HOW TO

- EMAIL
- PHONE CALLS
- TEXT MESSAGING VIA WHATS APP,
VIBER ETC
- FACEBOOK
- PHONE CALLS
- VIDEO CALL
- VOICE CALLS
- ZOOM APP (VIDEO CALLS IN GROUPS)
- HOUSE PARTY APP (VIDEO CALLS IN
GROUPS)
- FACE TIME
- POST
- TEXTS

MIND

Cognitive learning & mental health

Quizzes

Educational: Create a fun quiz to test your grandchild's knowledge.

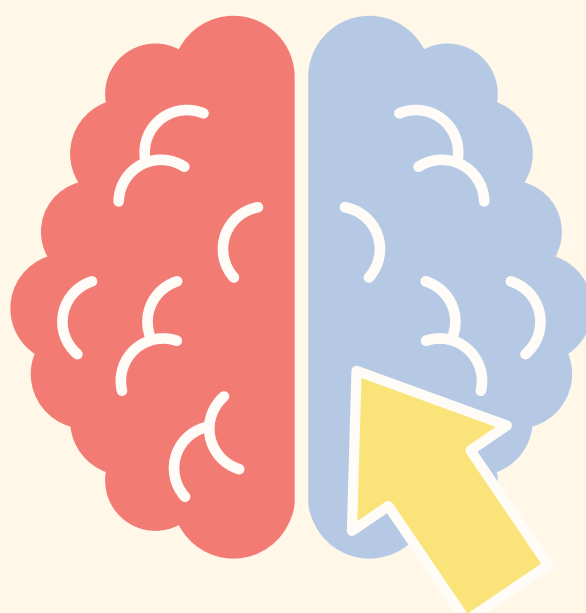
For example: Numbers, Colours, Words, Animals, Countries
Or make up some questions of your own based on your grandchild's interests

For example: What is the first letter of the name of the small green man in Star Wars?

Family Fun: Make up a funny family quiz.

For example: What is Dads favourite food?
a: Sunday roast b: slime sandwich c: cake

What is your brothers favourite game
a: messing his room b: annoying you c: football



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BODY

Physical learning & being active

Exercise

Depending on what your preference is, you can decide to be the instructor and or take part.

'Grannys/Grandads awesome fitness class'

Call out some easy indoor exercises & movements that the children can do

Hop on one leg
Make circle with your arms
Touch the ground
Star jumps

Dancing

- Put on their favorite music and dance with them
- Get them to teach you some new dance moves
- Play musical statues
- Play Simon Says



SPIRIT

Social, emotional & general feel good things

Get to know game

Have a list of questions to ask your grandchild so that they can also learn about you.

- **What is your favourite colour, football player, band etc**
- **What would you like to be when you grow up?**
- **A place I would like to visit is _____ because _____**

Mindful minute

- **Ask the children to sit on the floor on a cushion, facing away from each other & distractions.**
- **Close their eyes and think of something they are grateful for, tell them what you are grateful for to help get this started.**
- **Be still and silent while thinking of this for one minute.**

TELL SOME JOKES

STORY TIME

Stories from your childhood

There is nothing quite like hearing fun and interesting stories from when your grandparents were young, and because they are your stories there is nothing to say that you can't get creative and embellish them too.

Bed Time Story

Arrange to read your grandchildren's bed time story with them.

HANDMADE WITH LOVE

If you want to do something other than calls & video chats, here are some ideas.

Get Crafty

Make little present for them and arrange for someone to drop them off as a little surprise.



Cards

Send your messages and thoughts to them in a homemade card. If you live near it can be dropped in the letter box. If you don't and have stamps, post them while you are out for a walk.

WE HOPE YOU FIND OUR RESOURCE USEFUL TO YOU AT THIS STRANGE TIME



Blue Skies Initiative is an Area-Based Childhood (ABC) programme that aims to improve outcomes for children and their families in the Clondalkin and Adamstown areas. The programme has a particular emphasis on improving health, educational and social outcomes for children and on improving the effectiveness of existing services for them.

We are now working remotely and collaboratively with other agencies and teams in the community to respond to the needs of our area. Our team will continue to link in with parents and the wider community during this difficult time and bring you as much information and support as possible.

If you have any questions or queries please contact us.
visit <https://blueskiesinitiative.ie/who-we-are/meet-the-team/>

Please keep an eye on our Facebook page, Instagram and Twitter for updates.

You can find us here!



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