

No. 2

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, 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.



“A GRANDPARENT IS A LITTLE BIT PARENT, A LITTLE BIT TEACHER, AND A LITTLE BIT BEST FRIEND.” -- UNKNOWN

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

TUSLA

An Chóimhleacht um
Leasú agus an Teaghlach
Child and Family Agency

Blue Skies Initiative

Archways

An tOifig Leasú
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)
- FACE TIME
- POST
- TEXTS

MIND

Cognitive learning & mental health

EYE SPY

For older kids : spell out something with the EYE SPY game
For example: their name, an animal, another family name, get them to guess it.

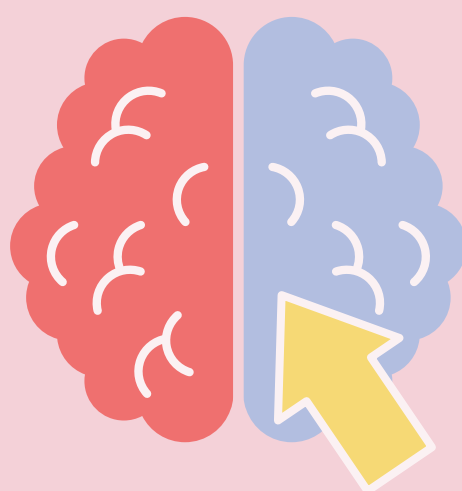
For younger kids: help them with their colours or recognising things, cushion, red jumper, blue chair.

Riddles & Decriptions

Describe something to the child, if there is more than one child, take turns. They have to guess what you are describing.

For example : What do you throw out when you want to use it, but take in when you don't want to use it? **Answer:** Anchor

For younger children: you can describe things like fruit, cars, a bed in a more obvious way.



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BODY

Physical learning & being active

Exercise:

Some families have been doing a group video call and doing an online exercise class together.

Where only one person has access to two screens they become the class teacher.

Classes such as Joe Wicks live PE session on youtube

Granny/Grandad Says

- Just like Simon Says, you call out actions and the children have to do them.
- The children must only do a movement when you say 'Granny says do 5 jumps' if you say 'do 5 jumps' the person who does the movement gets a bonus movement. Bonus movement could be - stand on one leg, do 4 arm circles, etc.

**Cousins call!
Get some of the
cousins to join the
video call & do it
together.**

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SPIRIT

Social, emotional & general feel good things

Sing songs or play instruments.

If you do not have any instruments, they can be anything from the house that they can shake or bang.

Take turns doing online Karaoke sessions or just singing along to their favourite song.

Things I like about you

Each of you take turns telling each other 'Things I like about you' Some children will need some guidance so say things to them that also help them to understand how to do this activity.

- **'One thing I like about you is that your laugh makes me very happy'**
- **'You are a great footballer'**
- **'You are doing really well at helping at home during the lockdown'**
- **'You make me very happy because we have a lot of fun together'**

LAUGH OUT LOUD TOGETHER

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BAKING TIME

Baking lesson

This is another idea that we got from grandparents out there and it came all the way from Cork. They did a virtual baking lesson while on a video call.

- This can be dependent on both your skills & the child.
- It can be as simple or as easy as you like.
- The most important thing is the time being spent, if you get something tasty from it, that is a great bonus.

HANDMADE WITH
LOVE

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

Get Crafty

We shared a lovely idea from the Australian Childhood Foundation this week. **Making hugs!**

They can be made from any thing, card, fabric, wool, drawing, painting. They can then be posted.

Get Crocheting

A local grandparent with a skill for crochet has been making mini tv characters.

1. To give a presents to the grandchildren .
2. To keep busy.

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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