

# 10 ways to connect with your grandchildren



A relationship with your grandchildren can be a rewarding experience. It takes communication, trust, and shared experiences.

Grandparents have always played an important role. Often, it's to help your children with parenting, but it can be even more meaningful.

Here are 10 ways to enjoy time with your grandchildren that they will remember and value.

## 1 Be a good listener

Take the time to listen to their thoughts and feelings without judgment. This creates a supportive space.

It's easier to build a strong connection when you accept your grandchildren for who they are. Be open to your grandchildren's ideas and perspective on life.

## **2 Learn about your grandchildren's interest**

Being curious about your grandchildren's interests fosters a deeper connection. Take an interest in their hobbies and activities. Whether it's sports, music, or a particular subject at school.

## **3 Embrace technology to connect**

Keep connected more often with video calls, messaging, or sharing photos through social media.

## **4 Share stories and memories**

Share family stories. These can be from your own childhood or about their parents when they were young. This helps create a sense of family history.

## **5 Attend their events**

Being at your grandchildren's important events shows your interest and support. For example, attend their school plays, sports events, recitals, and celebrations.

## **6 Make the effort to share good experiences**

Quality time together helps to build a strong bond. Plan activities that you can enjoy together. Examples include baking, fishing, playing games, or supporting their sports and interests.

## **7 Create traditions**

Establish traditions. For example:

- a regular catch-up to enjoy a special meal
- a yearly outing
- or a holiday ritual.

This helps to form lasting memories. It also gives your grandchildren something to look forward to.

## 8 Teach your grandchildren something new

Share your skills and knowledge if they show an interest. This can give you a future of quality time with your grandchildren. It also helps them to gain skills and a sense of mastery.

## 9 Learn about your grandchildren's friends

Be curious about your grandchildren's friends. Find out what they enjoy doing when they catch up with their friends.

## 10 Discover new interests together

Do something together that no one has done before. There are so many activities to try. For ideas and information, get in touch with one of our helpful team on **1800 951 971**.

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Each grandchild is unique. It's important to tailor your approach.

Your full attention, flexibility and patience is a precious gift. It's unlikely that your grandchildren will receive this gift from anyone else. This is also what can make you special to them.

## More helpful information

If you need more information, take the LiveUp quiz or get in touch with one of our helpful team on **1800 951 971**.

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## CONTACT US

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