

How should I connect with my grandkids?



**I love spending time with them
but I'm running out of ideas!**

Time with your grandchildren supports them in learning to share, help, and cooperate.



The relationship you build with your grandchildren can provide positive benefits related to physical, social, and emotional health. Intergenerational programs and activities can offer structure for older adults and children to spend time together.

Our modern world changes every day, and so are your grandkids' lives. This can make it feel like it's hard to keep up with what is going on with them. You might not know what to talk about with them because you feel like you're on such different wave lengths. Many times, once they describe how school is going, the conversation may end up becoming awkward.

Where to Start a Conversation

Some ways to allow the conversation to flow can be asking your grandchildren about themselves. Ask about their hobbies, what sports they like to play, or their favorite subject in school. After they answer your initial question, go deeper by asking them to elaborate: What keeps them coming back to that hobby, what do they find frustrating about their chosen sport, does their favorite school subject come easy or hard for them?

Create a Subject to Talk About

For some families, it's easy to get together in person. For others, it may be more difficult and taking advantage of technology can bridge that gap. Regardless of the mode, making a connection is an important part of building a relationship with your grandchildren. The following activities are excellent ways to spend time with them either virtually or in real life.



Activities to do with your grandkids:

Get artistic—Create something with watercolors, crayons, or even ordinary pencils. If you or your grandchild don't typically draw or paint, use this as an opportunity to try something new together.

Experiment—Explore the world of science with simple, easy projects that can be done with household products.

Eat a meal—Exchange stories about favorite foods.

Listen to music—What is your current favorite piece of music? Ask your grandchildren about theirs.

Exercise—Find a physical activity you're comfortable with and ask your grandchild to join you.

Play a game—Teach your grandchildren a card or board game and ask them to teach you a video game.



Read—Start a book club between you and your grandchildren.

Cook—Share your favorite recipe with your grandchildren, and teach them the ins and outs of that recipe.

Watch—Take turns choosing a movie or a TV show to watch and then discuss it.

Picture this—Send your grandchildren a photo and share a story about it. Ask them to do the same.

Chat—Sometime having short text exchanges can be fun and be less pressured than having a long voice conversation.

Choose one activity and get started today!

How can CJE SeniorLife help?

We can refer you to the following CJE SeniorLife supportive resources:

Community Engagement—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

Counseling Services—Our highly-skilled Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

CJE Care Management—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

Your Eldercare Consultants—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families and find practical resources that support independence. Ongoing services are fee-based.

Consumer Assistance—We are resource specialists available to help you identify and apply for the broadest possible range of benefits and support services available to older adults.

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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