

# At a Distance: Practical and Meaningful Ways to Build Relationships with Your Grandchildren



**Please share in the chat:**

**What are the ages of your grandchildren?**

**What do you hope to get out of our time together?**





**1.5 billion**  
**70 million in the US**  
**20 plus years**

The Age of the Grandparent. The Economist.  
Margolis R. and Wright L. (2017). Healthy Grandparenthood:  
How Long Is It, and How Has It Changed?. Demography, 6: 2073–2099.





**LONG DISTANCE GRANDPARENTS**

## GRANDCHILD CHEAT SHEET

NAME  AGE/GRADE  BIRTHDAY



UPCOMING MILESTONES  
(GAMES, CONCERTS...)

1.
2.
3.



WHAT BOOKS DO THEY  
LIKE RIGHT NOW?

1.
2.
3.



TEACHERS/CHILDCARE PROVIDERS  
AND A DETAIL ABOUT THEIR TEACHER



NAME OF FRIENDS AND  
ONE THING THEY'VE DONE  
WITH A FRIEND LATELY



SCHOOL SUBJECTS  
OR WHAT THEY ARE  
LEARNING ABOUT



WHAT ARE THEY INTO RIGHT NOW?  
HOBBIES/INTERESTS

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Date: .....

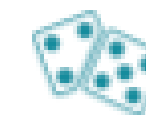
## My GRAND List About: \_\_\_\_\_

- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡

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## VIDEO CALL CHEAT SHEET

NAME



GAMES WE CAN PLAY TOGETHER:

1.
2.
3.



QUESTIONS TO ASK  
WHEN WE VIDEO CHAT:



REMEMBER TO SAY:



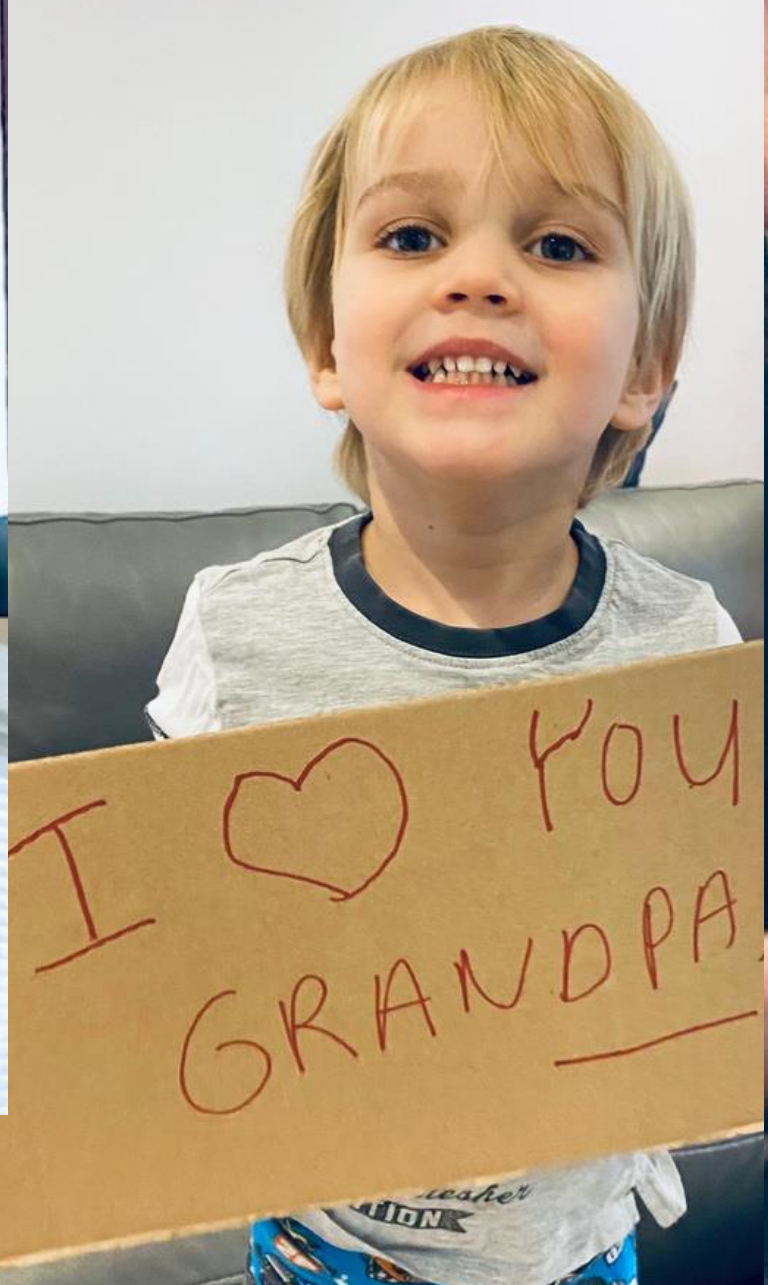
WHAT I LEARNED ABOUT THEM FROM THE CALL  
SMALL DETAILS...

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# SWEAT THE SMALL STUFF









# WHAT CAN YOU EXPECT TODAY?

- 5 key areas to focus on for connection
- Connection Loop
- Show and Tell: Demonstration!

TO FEEL INSPIRED!

# YOUR GRAND PATH

*to connection*

1

PLAN

2

PARTNER

3

PREPARE

4

PLAY

5

PRESERVE

*This moves grandparents  
towards more intentional,  
consistent & meaningful  
connections.*





# Connection Loop

Snail Mail



In-person



Virtual



## LEAVE BEHIND NOTES

Dear:



Love:

Dear:



Love:

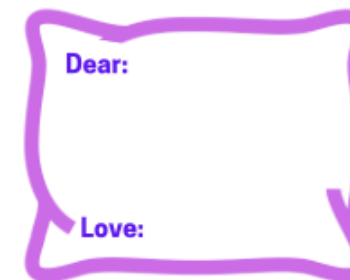
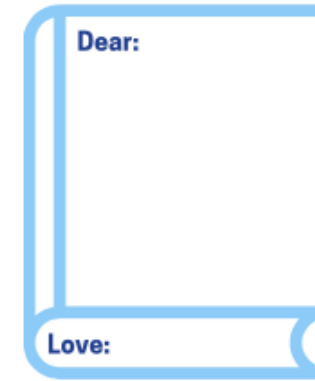
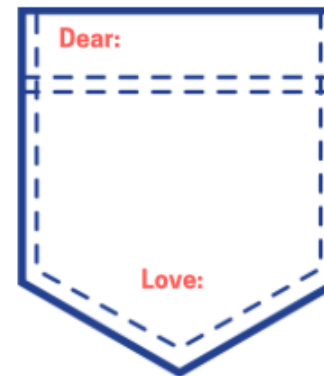
Dear:

XOXO

Love:

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## LEAVE BEHIND NOTES



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THE  
*Long Distance*  
GRANDPARENT



# PLAN FOR CONNECTION



## Connection Habits



# PARTNER FOR CONNECTION



Parents....  
but who else?





# PREPARE FOR CONNECTION



Using what you know about them to find jokes, trivia or tongue twisters.



# PLAY FOR CONNECTION



A willingness to be playful and a little silly – even if it doesn't work.



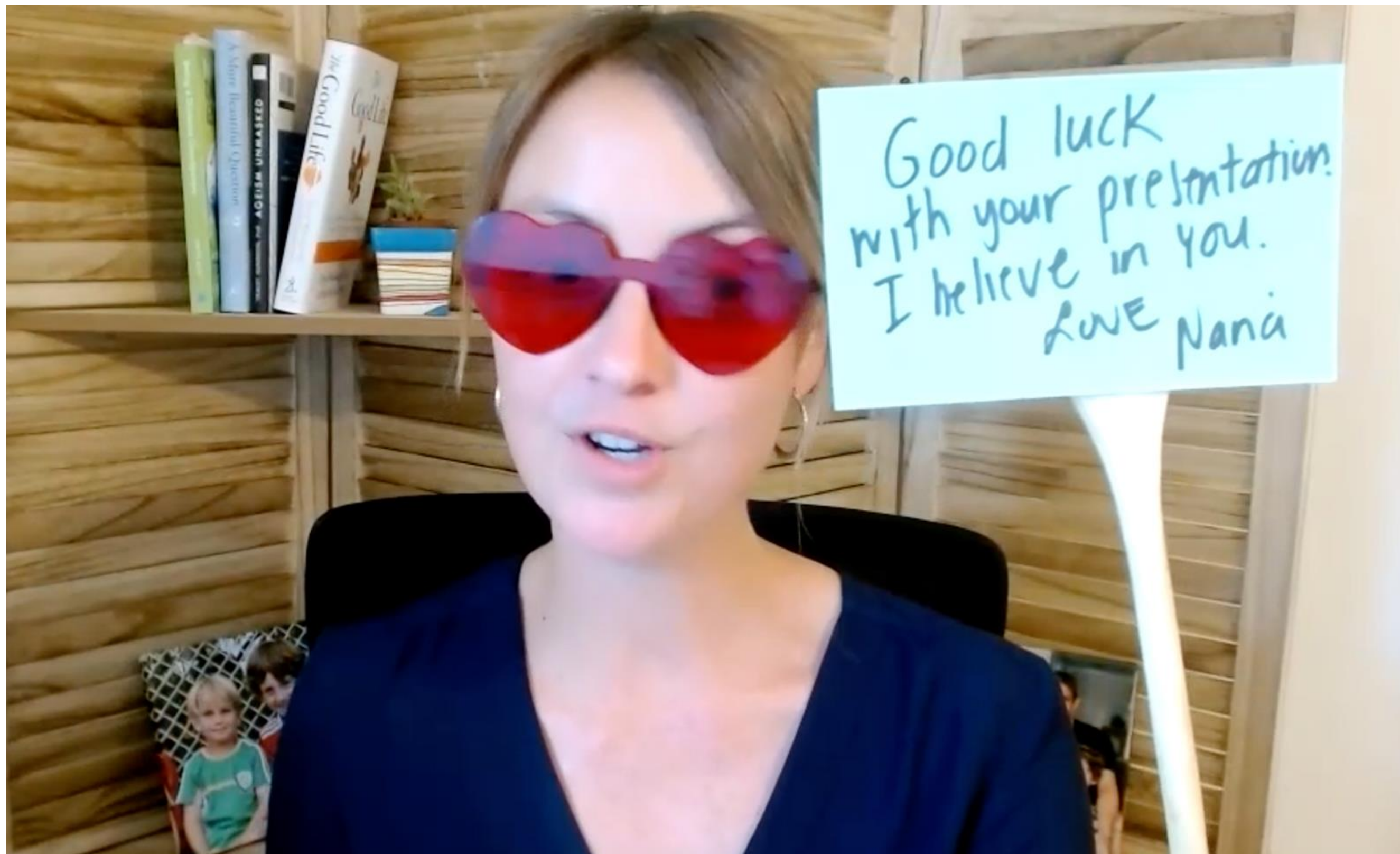


# PRESERVE FOR CONNECTION



Get **in the** videos, the pictures and take screenshots of your time together.





**DEMONSTRATION TIME!!**



# MORE THAN A NICE TO HAVE

