



CONNECTED: SENIOR ADULT/GRANDPARENT

BEST USE

As a list of easy and constructive ways to connect with your grandchildren using both screen-free ideas and technology.

NUTRITIONAL VALUE

The most effective way to connect with your grandchildren is through personal contact using screen-free activities. However, since technology plays such a huge role in many preteen/teen lives, connecting through technology is an important skill for a grandparent to master so that you can relate to your grandchildren in their world. Also, it may not always be possible to see your grandchildren in person, so the use of technology will help you connect when you cannot see them face to face.

This activity includes many screen-free ideas as well as ideas using technology to help you connect with your grandchildren. It also includes a "Tips for Texting" section and other useful information to explain some simple rules you can follow to more effectively communicate "face-to-face" using technology.

ADVANCE PREPARATION

- Talk with your grandchildren's parents about family rules concerning devices, and stay within those boundaries.
- Choose a screen-free idea and a technology idea from the list below to connect with your grandchildren.
- Read the "Tips for Texting" section before texting your grandchild to communicate with them more effectively on your device.

THAT WOULD BE FUN!

Choose from these activities that you might enjoy with your grandchildren for real connection. Choose both screen-free and technology ideas to help your grandchildren connect with you in your world and help you connect with them in theirs. Let the fun begin!

Screen-Free Ideas:

- Bake cookies or your favorite dessert
- Build something
- Serve together at a local food pantry or homeless shelter
- Go to the park
- Make something with play-dough
- Create art with sidewalk chalk
- Take them for ice cream
- Play a game together
- Go fishing
- Teach them your favorite Bible verse

Fun Technology Ideas:

- Ask your grandchild to play some of his/her favorite music for you.
- Ask your grandchild to teach you something new about your phone.
- Play their favorite video game with them.
- Ask them to show you their social media page. Ask about their friends.

Come up with your own connection ideas and see what great fun you can have together!

TIPS FOR TEXTING

Use the following technology tips to connect with your grandchildren on a weekly basis no matter how far away they live.

Keep your device and software updated.

Text one question at a time.

Keep it brief.

Ask questions that can be answered with brief responses.

Talk about subjects that interest your grandchildren.

Don't expect a reply immediately. Many teens are extremely busy.

Complete sentences and even punctuation are optional.

Signing your name is unnecessary.

Learn to Face Time (you might have to upgrade your phone).

Texting Glossary:

B4=Before

RN=Right Now

BTW=By the way

IMO=In my opinion

JK=Just kidding

BC=Because

LOL=Laugh out loud

IDK=I don't know

IKR=I know, right?

ROFL=Rolling on the floor laughing