



How to...

WOW!

About 72% of grandparents say being a grandparent is the most important part of their life.



Make grandparents feel loved

Take time to honor special people in your life on Grandparents' Day.

Since 1979, Grandparents' Day has been observed in the US on the first Sunday after Labor Day. This year it's being celebrated on September 10. Here are some simple and fun ways to show your grandparents how much you appreciate them.

Surprise them

Even though Grandparents' Day has been marked for more than 40 years, many families don't know about it. (In one survey, about 66% of grandparents said they have never celebrated Grandparents' Day.) If you haven't observed the occasion before, surprise your grandparents this year. This could be as simple as sending a card or making them a special treat.

Spend time together

Many grandparents say they wish they had more individual time with their grandchildren. So one of the best things you can do for Grandparents' Day is to simply spend time together. You could plan to share a meal, go for a walk, read together, or invite them to one of your activities. Another way to connect is to ask your grandparents to teach you about one of their hobbies and then do it together. This could be anything from knitting to fishing to cooking favorite family recipes. While you do this, tell them about what's going on in your life.



Share your interests.

Record a message

If you can't physically be with your grandparents, consider sending them a special message. Ask your parents for help recording you on video. You can start by wishing them a happy Grandparents' Day, then share some of your favorite memories of times you've spent with them. If you have siblings, they can join your video or create their own. It's like a digital card, and your grandparents can watch it when they're missing you.

Preserve your family history

A survey showed that 90% of grandparents think it's important that their grandkids know about the heritage they share. Many grandparents are like the historians of their family. They know the most about where your relatives came from, have lived through different time periods, and remember stories about when your parents were young. One way to learn more about your family's history is to spend time going through old photos and keepsakes with your grandparents. Ask them what pictures and mementos they have saved, and look at them together while discussing them. Another option is to interview a grandparent on video and share the result with the rest of your family. (See some suggested questions to ask at right.)

Interview elders about their lives

Learn more about your grandparents' past by asking them a few questions, like these.

What was your favorite toy as a child?

Start your interview with a fun question, like what your grandparent played with as a child. Have you played with similar toys?



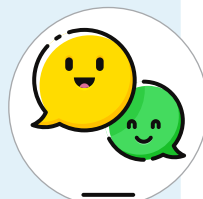
What subject was your favorite in school?

It can be interesting to find out whether you have similar academic interests.



What life advice do you have?

Older adults have been through lots of ups and downs during their lives. You can probably learn from their experiences.



What do you think has changed most since you were a child?

In many ways, the world looked and operated differently when your grandparents were your age. Ask them what has changed and whether they think the changes are an improvement or not. You might also ask them what has stayed the same.

