



# How to...



**ALL OVER THE WORLD**  
Grandparents make up 20% of the global population.

## Celebrate your grandparents

Try these easy ways to make sure they know you appreciate them.

September 8 is Grandparents' Day—a perfect opportunity to make your grandparents feel special. It's been a national holiday since 1979, but if you haven't celebrated it before, this could be a good year to start.

### Volunteer together

The official theme of Grandparents' Day is "Do Something Grand." One way to mark the day is to spend it volunteering with your grandparents. Talk to them about what they might like to do. If they love the outdoors, you could spend time cleaning up one of their favorite parks. If they enjoy reading, find out if there are volunteer opportunities at the library. If they love to cook, you could collect nonperishable food or make bagged lunches to bring to a food pantry. Helping others is a great experience to share with your grandparents and will help you make memories you'll never forget.

### Plan an activity

Another way to celebrate your grandparents is to simply spend time with them—which is many grandparents' favorite thing to do. You could plan to share a meal, go for a walk, read together, or invite them to one of your activities. If they don't live close by, you can video call

them to chat or to do something together, such as knitting or making one of their cherished recipes.

### Record a message

You can also celebrate your grandparents by making them a special video message. Ask your parents for help recording you on video. You can start by wishing your grandparents a happy Grandparents' Day, then share some favorite memories of times you have spent together. If you have siblings, they can be part of your video or they can create their own. It's like a digital card your grandparents can watch when they're missing you.



**Spend time with each other.**

### Preserve your family history

Many grandparents are the historians of their family. They have lived through different time periods, know the most about where your relatives came from, and knew your parents when they were young. One way to learn more about your family's past is to go through stored photos and keepsakes with your grandparents. Ask them to open up a couple of boxes and talk to you about the contents. Another option is to do a video interview with a grandparent about your family's history and share it with the rest of your relatives.

### The day's history



In 1963, Grandparents' Day was first made an official holiday in the Bronx, New York, after a local leader named Jacob Reingold pioneered efforts for a day to celebrate grandparents. In 1970, Marian McQuade (above), an elder rights activist, began to campaign for a special day of recognition for grandparents. Her advocacy led to Grandparents' Day in her state, West Virginia, in 1973.

A few years later, Congress (branch of government that makes laws) proclaimed the first Sunday after Labor Day to be National Grandparents' Day. On August 3, 1978, President Jimmy Carter signed a proclamation making the day official.