

A lot may have changed since you raised your children. Here are some current practices:

- ♥ Breastmilk is the best food for babies.
- ♥ Babies now start cereals and other foods at around 6 months of age.
- ♥ Common choking hazards for young children include: peanuts, popcorn, whole grapes, hard candies, hot dogs.
- ♥ Infants should sleep on their backs in a crib with a firm mattress with no toys, bumpers or loose bedding.
- ♥ There are new car seat and booster seat laws and recommendations.
- ♥ Helmets are now required or recommended for many activities.



Information is available to help keep you up to date.



Visit durham.ca/grandparents for more information.



HEALTH DEPARTMENT

Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca



If you require this information in an accessible format, contact 1-800-841-2729.

June 2022

**Grandparents
Can Make a
Difference!**



**Put the “Grand”
in Grandparenting**

All families are different and some grandparents are more involved than others.

Grandparents can Make a Difference in the Family.

- ♥ Your support can reduce family stress.
- ♥ You can provide a sense of safety and belonging to your grandchild.
- ♥ You can offer to babysit if you are able.

You can benefit by:

- ♥ Feeling involved and needed.
- ♥ Passing on family history, values and traditions.
- ♥ Seeing the world through your grandchild's eyes.

If visiting:

- ♥ Respect the parents' choices and decisions about their parenting.
- ♥ Offer support in a caring, non-judgmental way.

If Caring for Your Grandchildren:

- ♥ Keep a few of their belongings at your place to make them feel at home.
- ♥ Keep your home and car smoke-free!
- ♥ Be consistent with the routines and discipline methods that the parents use.
- ♥ Childproof your home and supervise your grandchildren so they are safe.
- ♥ Be aware of any allergies.
- ♥ Have age appropriate books, toys and games on hand.

Spend time with your grandkids- it's the most valuable gift you can give them. If you can't, there are other ways to stay connected.

Activities for Young Children

- ♥ Go to the park: they love the outdoors.
- ♥ Do arts and crafts, simple puzzles.
- ♥ Read stories.

Activities for Older Children

- ♥ Play cards or board games.
- ♥ Learn a new activity together.
- ♥ Go to a museum, movie or sports event.

Activities for Teens

- ♥ Go to the mall or out for a meal.
- ♥ Find a common activity or hobby to share.
- ♥ Keep in touch with text messages.

Long-distance activities

- ♥ Leave a jar with the exact number of stickers as days left until your next visit. Tell grandchild to pick out one a day until you are together again.
- ♥ Leave short notes around the house for your grandchild to find after you leave.
- ♥ Stay connected with texts, emails, blogs or video calls.
- ♥ Cards, photos and phone calls and are great too!

