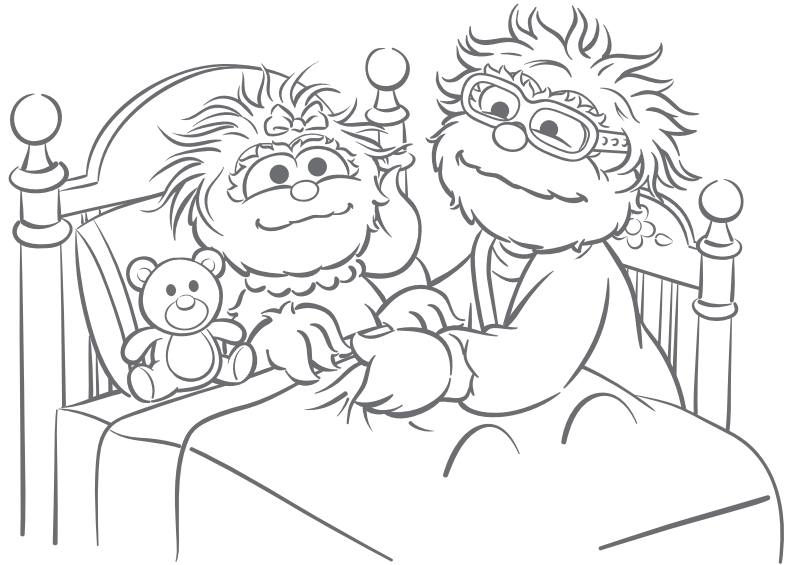


Grandparents Are Grand!

Nurturing Children's Social & Emotional Development



Whether you're caring for your grandchild regularly or staying in touch at a distance, you're probably wondering now more than ever about his or her social and emotional needs. The pandemic's been hard on everyone, and many little ones have missed important time with their peers and in their classroom communities.

But there's a lot that you, as a key grown-up in their lives, can do to help them explore and manage feelings and build the social skills that will help them in school—and in life!

Reading & Writing

- Read stories, point out the characters' expressions and body language, and ask why they may be feeling that way! Introduce new words that describe the feeling (if a character is scared, you can say "another word for scared is frightened; terrified means very scared.>").
- When children seem overwhelmed with big feelings, start a story and write it down as you go ("Let's make up a story about a rabbit who was angry. She twitched her nose and said 'I'm so mad because someone took my carrot...']"). Take turns adding sentences until one of you says "the end!"

Talking & Listening

- Ask your grandchild to tell you the best and worst parts of their day. Talk together about what they might do to make the hard thing easier next time.
- If your grandchild is missing a friend, have them tell you in detail everything they'd like to do together! Write their ideas down so they feel heard, and suggest they share it with the friend.
- Remember that your grandchild may tell you things they don't tell their parents, so you can give their parents a heads-up when it seems helpful.



Feeling Faces

Take turns drawing pictures of faces showing different emotions, guessing the feeling and describing a time you each felt that way! Or, look at family photos and do the same.





Together Time

Ask your grandchild what special thing they'd like to do together, then share your ideas too. Maybe your grandchild wants to show you their school playground, and maybe you want to share a family recipe.

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Resources

If you're a primary caregiver or are doing a large part, you know it's challenging work. These resources and materials can help:

- Check out **Zero to Three's** grandparenting videos and more.
- Read AARP's **Grandfamilies Guide**.
- **Generations United** and **Grandfamilies.org** also support grandfamilies nationwide.

For more resources, visit SesameStreetInCommunities.org