

Putting the “Parent” in Grandparent

Grandparents are an important part of a child’s early years. Below are tips on how grandparents can help their grandchildren grow up healthy and happy. For more information, call First 5 Shasta at 229-8300 or visit www.first5shasta.org and www.first5california.com/parents.

Be a role model. Provide kids with the wisdom and guidance you learned as a child.

Read together. Read books with lots of pictures so kids can point to colors and shapes.

Share stories. Describe the “good old days” to help kids get to know their family.

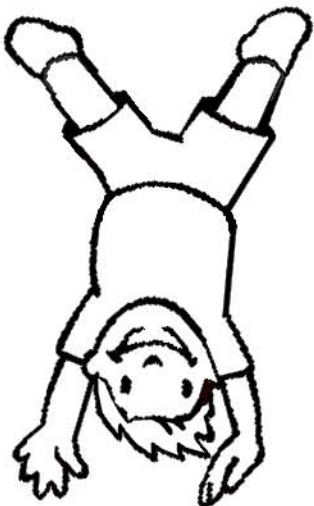
Stay fit. Exercise together by stretching, playing, dancing and walking.

Teach responsibility. Help kids learn to play well with others and share their belongings.



To help celebrate National Grandparents Day on September 13, encourage your child to decorate the card below and give it to his or her grandparents!

Happy Grandparents Day!



A big hug for
being the
BEST
grandparent



Love, _____

