

ROADMAP TO LONG DISTANCE GRANDPARENTING



BE CONSISTENT

Be consistent in your grandkids' lives. Your presence is huge whether you are there in person or not. Call them, text them, connect in some way on a regular basis.

BE MINDFUL

Be mindful while you connect with them. Give them your undivided attention. Ask about their lives and actively listen. Being mindful can even start ahead of time as you think about things you'd like to share or ask. You could even jot down some notes.

BE SPONTANEOUS

Take a moment to share something you see or think of that reminds you of them. Don't worry about a response. The bottom line is that you thought of them and then told them you did! These connections are often one way and that's okay!



*Roadtrip planner on
page 2!*

PLAN YOUR ROADTRIP



1

BE CONSISTENT

- Facetime 1x per week.
- Mail stickers 1x per month.
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2

BE MINDFUL

- Jot down ideas for your upcoming conversation.
- Ask for their schedules.
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3

BE SPONTANEOUS

- Send a picture of something they love with a simple greeting.

**You can't plan spontaneity, but when you've been consistent and mindful it will come more naturally!*