

ANNUAL GRANDPARENTING WHEEL

1. FALL - START

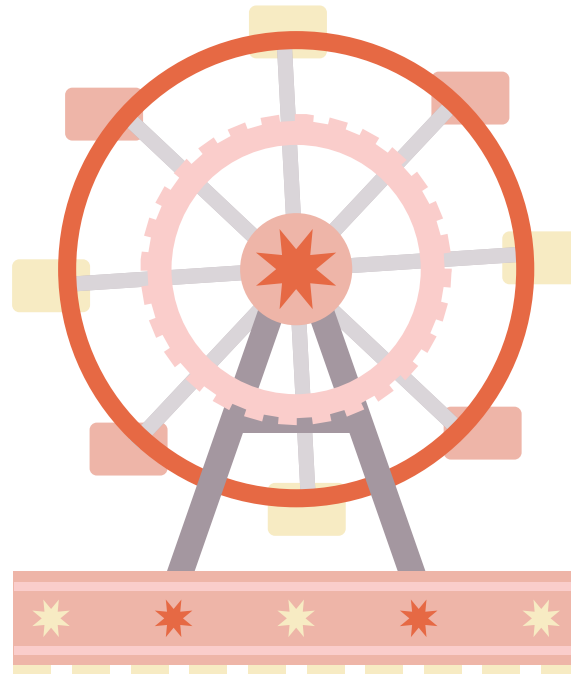
GRANDPARENTS CAN EXPECT:

- new rhythms/routines
- excitement/anxiety about the new school year
- new family commitments
- very little additional time

2. WINTER - RESTART

GRANDPARENTS CAN EXPECT:

- excitement for the school breaks and the Holiday season
- grown kids re-evaluating commitments
- more opportunities for quality time



4. SUMMER - RECHARGE

GRANDPARENTS CAN EXPECT:

- fewer family commitments
- finalizing summer plans
- vacations
- camps

3. SPRING - FOCUS

GRANDPARENTS CAN EXPECT:

- everyone trying to finish well
- final projects and end of school events
- celebrations and milestone moments
- making plans for Summer

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1. FALL - START

WHAT YOU CAN DO:

-ask how you can help

IF NEARBY:

-school pick up or drop off

-one night a week babysitting

-meal drop off (think like when they first had a baby)

IF AT A DISTANCE:

-Send thoughtful texts, emails, snail mail (maybe 1x a week)

-Have pizza (or another restaurant) deliver dinner

-Plan for quick connections when FaceTiming

4. SUMMER - RECHARGE

WHAT YOU CAN DO:

-ask how you can help

-make a plan to spend some quality time with your grandkids

-host cousin camp

-send summer themed care packages with prepped activities

2. WINTER - RESTART

WHAT YOU CAN DO:

-ask how you can help

-prep a few simple activities to celebrate the holidays

-get on the same page with your grown kids about holiday plans

-consider an after holiday themed get together (virtual or in person)

3. SPRING - FOCUS

WHAT YOU CAN DO:

-offer encouragement

-ask how you can help

-make plans for end of school year celebrations

-plan cousin camp (Camp Amma)

-get on the same page for Summer expectations

