



WOW!
About 72% of grandparents say being a grandparent is the most important part of their life.

How to...



Celebrate grandparents

National Grandparents Day is on September 13. Make yours feel special!

If you think your grandparents are so wonderful that they deserve their own special holiday, guess what? There is one! Since 1979, National Grandparents Day has been observed on the first Sunday after Labor Day. This year it's on September 13. Here are ways to show your grandparents you care.

Celebrate your shared history

According to a survey, 90% of grandparents think it's important that their grandkids know about the heritage they share. If your Polish grandma loves to make pierogies, ask her if you can cook them together. Or ask your grandpa to show you the baseball glove that he used when he was younger.

Plan a date

Many grandparents say they wish they had more one-on-one time with their grandchildren. Taking a walk together is a good way to spend quality time with a grandparent. If you live far away from your grandparents or are practicing social distancing, plan a video call and play a game like charades or pictionary.

Conduct an interview

Grandparents often consider themselves family storytellers. So let them tell you their best story of all—the story of their life. It might help to have a list of questions ready to get your grandparent chatting.

Examples: What was your favorite toy as a child? How did you meet Nana? What do you think has changed the most since you were a child?

Share a hobby

From knitting to birdwatching to gardening, your grandparents may have a hobby that's more interesting than you realize. Ask if they'll tell you a little bit about it and maybe even give you a lesson. It might become a regular activity you do together.

Tell them about your life

If you had a good day at school or made a new friend, tell your grandparents. They'll be delighted to learn more about your daily life, and you'll have more to talk about the next time you chat. If you play a musical instrument, play a song you just learned for them. Tell them about a work of art you made or demonstrate the latest soccer move you've mastered.



Music is a great way to connect with a grandparent.

Surprise them

Even though Grandparents Day has been around for more than 40 years, many families don't know about it. About 66% of grandparents in one survey said they have never celebrated it. If you haven't marked the occasion before, surprise your grandparents this year. This could be as simple as sending a card or making them a special treat.

4 ways to make a homemade card

Grandparents love receiving handmade cards from their grandchildren. If you want to make your card even more special, try one of these creative ideas.

Add music

Sometimes a catchy tune has just the right message. Write the lyrics to a song you like or one of your grandparent's favorites tunes on the inside of a card.



Get a laugh

Create a card with a Mad Libs-style message. To do it, think of your message, but when you write it, leave some blank lines that your grandparents can fill in with nouns, verbs, and adjectives. Have them read it back to you.



Send a puzzle

Make a drawing and write a message on a small piece of posterboard. Cut it into several puzzle-sized pieces, and seal them in an envelope. Your grandparents will have fun assembling the pieces.



Make extras

Include cards in small envelopes inside your main card. Fill them with photos, art, or jokes. Label them "Open when you miss me" or "Open for a laugh."

