



How to...

HOLIDAY HISTORY

On August 3, 1978, President Jimmy Carter signed a proclamation establishing National Grandparents Day.



Make grandparents feel special

Take time to honor important people in your life on Grandparents' Day.

Grandparents' Day has been observed in the US on the first Sunday after Labor Day since 1979. This year, the holiday is on September 13. Here are some thoughtful ways to show your grandparents or other special older adults in your life that you care about them.

Share a sweet gesture

If you haven't celebrated Grandparents' Day before, you can surprise your loved ones this year. Your gesture could be as simple as baking them a treat and giving it in person or sending it in the mail. Another idea is to give a small potted plant or flowers, like forget-me-nots, which are the official flower for Grandparents' Day. You could also make a handmade card. Use the form on the next page to create a special keepsake they will cherish.

Spend time together

One of the most generous gifts you can give your grandparents is to ask them to spend time with you. Talk to them about what they might enjoy doing with you. That could be sharing one of their hobbies like gardening or volunteering, taking a walk through their local park, or cooking a family recipe.

Record a message

If you can't physically be with your grandparents, consider sending them a special message. Ask your parent or guardian for help recording you on video. You can start by wishing them a happy Grandparents' Day and then sharing some of your favorite memories of time spent with them. If you have siblings or cousins, they can join your video or create their own. It's like a digital card, and your grandparents can watch it when they're missing you.

Preserve your family history

Many grandparents are the historians of their family. They know the most about where your relatives came from, have lived through different time periods, and knew your parents when they were young. One way to learn more about your family's past is to spend time going through stored photos and keepsakes with your grandparents. Ask them to open up boxes, and talk about the contents together. Other options: Interview your grandparent on video and share it with the rest of your family (see some questions to ask at right), make a family time capsule together, or work on creating a family tree.



Give the gift of your time.

Ask these questions



Start an enlightening conversation with your grandparents with topics like:

1. What was your favorite game to play growing up?
2. What places did you like to go with your friends?
3. Which foods did you enjoy the most?
4. What are some of the interesting events you remember that were in the news when you were a child?
5. What was your first job?
6. What's a special memory you have with your family?
7. What do you enjoy about being a grandparent?

How to...



Happy Grandparents' Day!

To _____ From _____

What I love about you as my grandparent is...

One of my favorite memories with you is...

If I could describe you in three words, they would be...

Here is my drawing of a happy moment with you.