

25+

ways to nurture
long-distance
relationships

*between kids &
grandparents*

25+ ways to nurture long-distance relationships

- Have children teach something (e.g. making gifs, scratch coding)
- Put on a puppet show (kids or grandparents!)
- Interview child/grandparent
- Tell stories about their parents as children, about them, about you.
- Compare stats about favorite sport teams, teach kids about your favorite sport
- Practice your native language together. Or learn their new country's language with them.
- Write or draw a story together, take turns
- Read together from two copies of the same book or read to each other, depending on child's age
- Do guided art or science projects
- Bake or cook together
- Play games, online or get on skype with a gameboard each (e.g. chess or checkers)
- Share a daily devotion, bedtime prayer
- Record a 'podcast' or 'vlog' to share with others

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- Record 'mystery sounds' and send them to each other. Send answers as voice recordings, too.
 - Watch a movie together online
 - Gather around a virtual campfire and tell stories
 - Build a presentation together about your last visit, next trip, favorite memory (e.g. use padlet app)
 - Have 'your' song or code language
 - Send monthly emails with photos, activities, video clips
 - Share a daily photo by chat message (e.g. cute animals)
 - Do challenges together - LEGO, daily coloring page, ...
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- Write letters or postcards
 - Get on the phone - no video
 - Send a framed photo for them to have and hold
 - Send a special food treat they can't get locally
 - Give a gift card or voucher for something local
 - Send something cozy to wear or cuddle
 - Plant a tree for them in your garden and share photos

online

offline

Nurturing relationships – EXTRA TIPS for grandparents –

- Spend time individually with each child
- Schedule activities at times convenient to children, not grandparents.
- Take an interest, know their friends (ask to see pictures), teachers, schedules.
- Encourage interests with resources, lessons, stories, mail
- Learn to use and connect on child's preferred platform
- Prepare supplies, show-and-tell, whatever you will need. Give parents or child enough time to assemble everything.
- Test any experiments, recipes or crafts before you do them.
- Experiment with different times and formats to find what works.
- Mix it up to keep it fresh
- Ask kids for ideas
- Don't force it but do keep offering
- Adapt to changing interests and schedules
- Have fun!