



LONG-DISTANCE GRANDPARENTING

Ideas for Intentional Connections with
Grandchildren Who Live Far Away

Though your physical contact may be limited, you can still maintain a regular presence and have a great impact on your grandchildren's lives.

AREAS OF CONNECTION AND IMPACT:

- **TECHNOLOGY:** Today's technology gives grandparents opportunities to stay connected in ways their grandkids already enjoy. Use regular phone calls, texting and FaceTime to connect with your grandchildren.
- **TRAVEL:** Make plans to visit, have your grandchildren come visit you or take special vacations or trips together.
- **PRAYER:** As grandparents, the greatest gift we can give our grandchildren is to pray for them, especially in those areas we know they care about or are a burden to them. Staying current on their hopes and fears not only shows we care, but gives us the privilege of bringing these specific requests to God, who loves them the most.

IDEAS FOR MAKING THE MOST OF LONG-DISTANCE GRANDPARENTHOOD

- Write letters or send packages on a regular basis.
- Stay up to date with your grandchildren so that you can say and send items that are age appropriate.
- Record your voice reading a special book and then send the recording and the book to your grandchild to listen to at bedtime.
- Set reminders on your calendar to email or text your grandchildren.
- Participate in a family web page, Facebook group or blog.
- Set up a weekly time to FaceTime or video chat.
- Exchange digital photos with each other to share experiences from a distance.
- Call them on the phone often and follow up on any major events, such as games, performances or big tests.
- Plan to be a part of their family vacations as often as asked. Make a photo album of these special times.
- Invite them to come and spend time with you for some individual attention and opportunities to make memories.
- Do your best to be with them for the celebrations and milestones in their lives, such as births, recitals, holidays, baptisms, graduations, and weddings.

For more ideas and discussion on long-distance grandparenting, see *Extreme Grandparenting* by Tim Kimmel. Portions of this content were used with permission by Tim Kimmel.