

Australian grandparents love spending time with their grandchildren. In fact, according to our <u>Raising Modern Australia</u> survey, they are more than happy to alter plans with friends (35%), change holiday and travel arrangements (29%), swap work arrangements (17%) and even adjust their retirement plans (12%) just to be with them.

But once the grandkids are at your house, how do you keep them safe, happy and entertained? Use our handy checklist below to tick off the most important tasks!

PART 1: SAFETY AND NECESSITIES

- If they take medication, make sure it's readily available and you know how regularly to dispense it.

 Do your grandchildren have any specific routines (e.g. sleep times, school drop-off and pick-up) that need to be upheld?

 Get across all their dietary requirements (e.g. allergies, gluten free, vegetarian) and ensure you have the right type of food in your house.
- Create an emergency plan including contact numbers and transportation.
- Is your home safety-proofed? Think child locks, valuables stored away and covers for electrical outlets.
- List all emergency numbers somewhere obvious, such as on the fridge or near your phone.



Set out age-appropriate games (e.g. board games, Lego, dolls). Where will you go if you want to take them on a trip? Think the zoo, a park or the movies. Does your grandchild love to read or be read to? Organise some special stories for their visit. What do you love doing most around the house? If playing outdoors, make sure the area is safe and free

PART 2: ENTERTAINMENT

You can share the joy of things like cooking, knitting, writing or creating artwork with your grandchildren.

PART 3: PREP YOURSELF

from dangerous objects.

Write down some conversation starters. These could include the subjects they are taking at school, how they are enjoying their sport, or what their favourite	energy!
books and movies are at the moment.	Plan out some one-on-one activities that will create special memories for both you and your
Take time for yourself when they are napping.	grandchildren.





