

Youth Health Bulletin



NOVEMBER 2015

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THIS MONTH'S TOPIC:

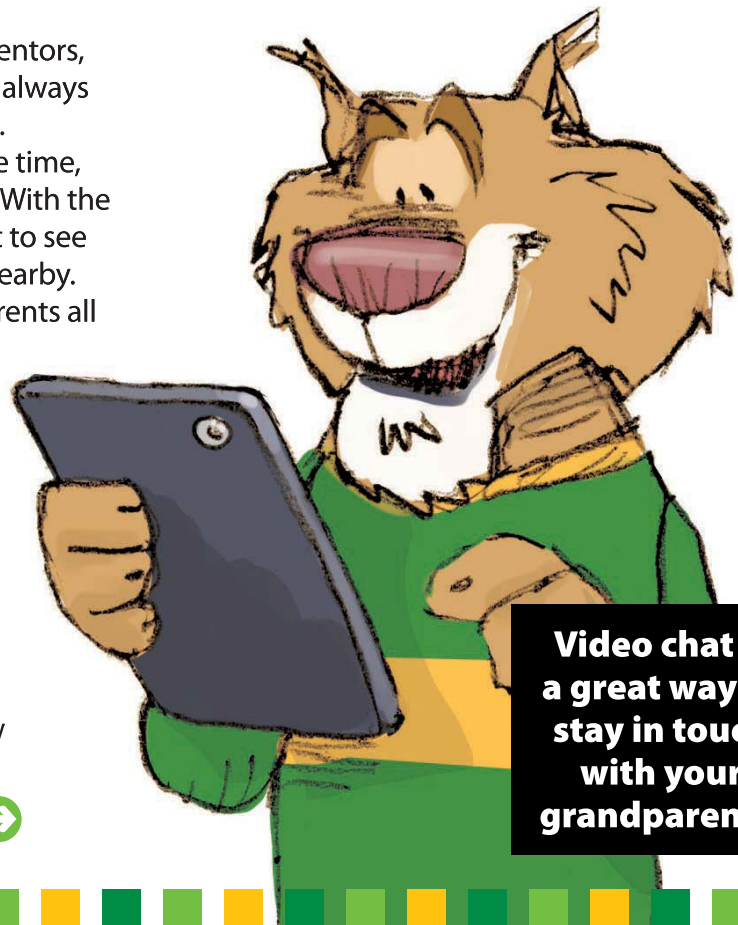
THE GIFT OF GRANDPARENTS

Grandparents can be great playmates, mentors, role models and even heroes. Wally Cat always enjoys spending time with his grandparents. Although he does not get to see them all the time, his grandparents are very important to him. With the holidays quickly approaching, some kids get to see their grandparents even if they do not live nearby. For other kids, they get to see their grandparents all the time because they either live very close or their grandparents may help take care of them. Do you enjoy talking or spending time with your grandparents?

When your grandparents are far away

If you do not live close to your grandparents you may not see them as often as you would like. Even if they live far away, with the holidays coming you may be visiting with them soon. If not, did you know that there are ways to stay in touch?

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**Video chat is
a great way to
stay in touch
with your
grandparents.**

Talking to your grandparents on the telephone and telling them about your adventures is another great way to stay in touch.



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- **Technology can be a great way to stay in touch with your grandparents.** Skype and FaceTime can allow you to talk to your grandparents with a video chat. This is great because you can both hear and see your grandparents. If both you and your grandparents have access to a phone or computer with internet connection, these services can help you both connect.
- **If you cannot video chat, you could also just use the telephone.** Talking to your grandparents and telling them about your adventures is a great way to stay in touch. Your grandparents can also share stories about their lives.

When your grandparents are close by

There are many benefits when grandparents live nearby or even with you. Grandparents can be a great source of information. Talk to your grandparents about what life was like when they were your age. What did they do? Find out what hobbies they had. Your grandparents might even be able to teach you a hobby or special skill like knitting

or wood working. You could show your grandparents your hobbies, such as painting or playing an instrument. Maybe you could even take painting or music lessons together.

Grandparents are very important people and they can be a lot of fun to be around. Whether they are close to home or live far away, tell them you love them every time you can!

SOURCE:

Nemours (2013). Bonding with Grandparents . *Kidshealth.org*

Word Scramble

EVDIO THAC: _____

NEOTEPEHL: _____

GRARDAENNPTS: _____

HOBEIBS: _____

ANSWERS: VIDEO CHAT, TELEPHONE, GRANDPARENTS, HOBBIES

Youth
Health Bulletin

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