



# GRANDPARENTS

**Grandparents play their part to protect and care for children and young people in their community by caring for and nurturing families, as well as providing support, reassurance and love.**



**Spend time with children and young people in your life.** By playing, listening and engaging with them, you show them that they are important.

**Create opportunities** for all the children/young people in your family to spend time together.

**Be a positive role model.** Children and young people learn from the people that they spend time with, so make your influence positive.

**If possible, offer to be an emergency contact for the family.** Make sure that the children/young people know that you are the emergency contact too so they feel included.

**Be a friend to parents that you know.** Parenting is important and requires a lot of effort and energy, especially for new and young parents. Keep reminding them that you are there to help.

**Think about safe and respectful ways to be an active bystander** if you see an adult being inappropriate towards a child or young person.

**Congratulate families** and young people when you see or hear good things about individual family members. Sharing good news about families is really valuable.