

FOSTERING A HEALTHY GRANDPARENT-GRANDCHILD RELATIONSHIP

Intergenerational relationships between grandparents and their grandchildren can be mutually beneficial to their individual wellbeing and to the wellbeing of the whole family.



Learn and use technology



Share stories, music, and other interests



Visit and call regularly



Share language and culture



Pass down skills like sewing, fishing, or an instrument



Remember a grandparent is not necessarily a free childminder



Seek family mediation if a parent is limiting time or communication with grandchildren



Establish boundaries with your grandchild's parents about rules and disciplining



1300 062 232



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