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# Celebrate Grandparents Day on Sunday 26 October



Grandparents Day is an opportunity for Queenslanders to say ‘thank you’ to grandparents for their care and support and for sharing their knowledge, experience and traditions with younger generations.

A child’s interactions with their grandparent are often their first interactions with an older person. Good relationships between grandparents and young people help create and foster positive attitudes toward ageing and older people.

The bond between grandparents and their grandchildren is unique. The intergenerational love, care, wisdom and teachings shared can last a lifetime.

## Ways to help celebrate

This Grandparents Day, celebrate and thank the grandparents in your life, in person or virtually by:

* downloading and sending a free [e-card (DOCX, 784 KB)](https://www.families.qld.gov.au/_media/documents/seniors/grandparents-day-ecard.docx)
* downloading and sending a free [activity sheet (PDF, 242 KB)](https://www.families.qld.gov.au/_media/documents/seniors/grandparents-day-activity-sheet-10-reasons.pdf) and listing the top 10 reasons why you love your grandparents
* downloading a [drawing sheet (PDF, 135 KB)](https://www.families.qld.gov.au/_media/documents/seniors/grandparents-day-drawing-sheet-frame.pdf) sheet and drawing a picture of you and your grandparents
* asking your grandparents about their experiences, memories and the joys of being a grandparent
* reading a book, playing a game or enjoying a craft project together
* cooking or sharing a favourite meal
* having a yarn together
* talking about your family history.

For more ideas about ways to celebrate the grandparents in your life, including free downloadable resources, visit [www.qld.gov.au/grandparentsday](https://www.qld.gov.au/grandparentsday).

## More information

Grandparents can also be primary full-time carers for their grandchildren, safeguarding family connections. Find out more about [support for grandparent carers](https://www.qld.gov.au/seniors/grandparenting/raising-grandchildren).

Grandparents Day is celebrated during Queensland Seniors Month. Find more information about [Queensland Seniors Month](https://qldseniorsmonth.org.au) and events near you.