

MAKING LIFE MORE FUN

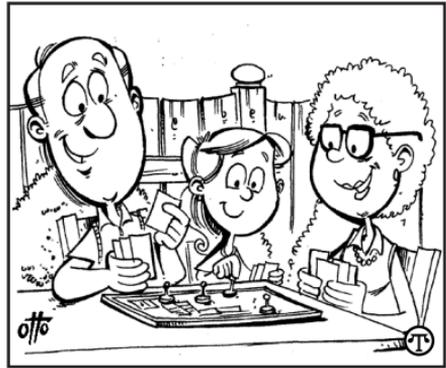
Games Create Memories For Grandparents, Grandchildren

(NAPSA)—Sunday, September 7 marks the 25th anniversary of National Grandparent's Day—a day set aside to honor our grandparents and celebrate their importance in the lives of their grandchildren. To mark the day and connect generations, grandchildren and their grandparents are encouraged to take time out of their busy lives to spend some quality time together. Simple activities such as reading a book, taking walks in the park and playing classic board games can create lasting memories and begin traditions.

Today, nearly 58 million Americans are grandparents—and by 2005 that number will increase to more than 76 million. Meanwhile, the 2000 census reveals that 3.7 million children live in households with grandparents as the primary caregiver. As a result, Grandparent's Day is quickly rising in importance and popularity.

With the increased role that grandparents are playing in their grandchildren's lives, Dr. Lillian Carson, a grandmother, psychotherapist, best-selling author and national spokesperson for grandparenting issues, encourages grandparents to spend as much time as possible with their grandchildren.

"Grandparents today are more active in their grandchildren's lives," said Dr. Carson. "Talking, learning and playing with grandchildren helps build strong relationships and contributes to their social, emotional and intellectual development. From planting flowers to playing board games, there are many fun ways for grandparents to connect with



Board games are a fun activity that grandparents and grandchildren can do together.

their grandchildren and become an integral part of their growth and development."

In fact, Dr. Carson cites classic games such as CANDY LAND, MEMORY, HI HO! CHERRY-O and especially CHUTES AND LADDERS, which celebrates its 60th anniversary in 2003, as "perfect" activities for grandparents and grandchildren to do together.

"These are easy, fun games that succeed in putting everyone on an even playing field and open up a host of opportunities for social interaction above the board," said Dr. Carson. "Recognizable games such as Candy Land and Chutes and Ladders are games grandparents most likely played with their own children. They're fun, familiar, nostalgic games that are quick for both young and old to pick up and play. By eliminating the learning curve, there is plenty of time to reconnect and enjoy one another's company."

To learn more about Grandparent's Day, including a history of the holiday, visit the Grandparent's Day Council Web site at www.grandparents-day.com.