FREE GIFT

The Grandparents' Play Guide

Easy, joyful ways to play with your grandchildren



LyttleMinds · PLAY. LEARN. GROW.

WELCOME

You do not need to be a toy expert. You just need to show up.

The best thing a grandchild can get is your time. Not the loudest toy, not the newest gadget: a grandparent who sits down, pays attention and plays along.

This guide is short and written in a comfortable size on purpose. Pick one idea, try it on your next visit, and keep what works. There is no right or wrong way to play.

What is inside

- 5 simple tips for playing with grandchildren
- How to plan a happy visit, without wearing yourself out
- 30 easy games and activities, sorted by age
- What to do when they would rather have a tablet
- A 7-day connection challenge to tick off

A thought to start with: children do not remember what you bought them nearly as well as how they felt sitting next to you. Slow, shared play is where those memories are made.

FIVE SIMPLE TIPS

Playing with grandchildren made easy

1. Choose one game, not ten

A single wooden game or a box of blocks is plenty. Too many choices can overwhelm little ones. Put the rest away until next time.

2. Sit comfortably

Play at a table or on the sofa if the floor is hard on your knees. Children do not mind where you sit, only that you are there.

3. Let them lead

Ask "What shall we do with this?" and follow their idea. When a child makes the rules, they feel proud and capable.

4. Keep it short and sweet

Ten to twenty minutes of full attention beats an hour of half-hearted play. Stop while they are still smiling.

5. Celebrate effort, not winning

"I love how you worked that out!" is worth more than any prize. Losing gracefully is also a skill, and you are the perfect teacher.

PLAN A HAPPY VISIT

A visit that flows (and does not tire you out)

A little rhythm makes everyone relax, you included. Shape it around your own energy.

Arrival	A big hug, then a quiet start. Let them settle in before you suggest anything.
First play	Bring out your one chosen game. Ten to twenty minutes of focused play together.
Snack time	Let them help prepare it. Washing fruit or spreading butter is a small adventure.
Outside or movement	A short walk, feeding the ducks, or a gentle ball game in the garden.
Quiet time	Books, puzzles or colouring side by side. A rest for you too.
Goodbye	Finish with a small ritual: a special handshake, a song, or "see you next time" drawing.

Good to know: a screen-free visit is easier when something fun is ready on the table. Set the game up before they arrive.

ACTIVITIES

30 easy ideas to play together

Ages 2–3

- Stacking and knocking down blocks
- Sorting buttons by colour
- Water play in the sink
- Singing along with action songs
- Peek-a-boo with a scarf
- Matching socks together
- Playdough shapes
- Bubble chasing outside
- "Where is it?" hide and find
- Pretend tea party

Ages 4–6

- Wooden board and dice games
- Build a tower, then a bridge
- Nature walk treasure hunt
- Draw your family tree
- Bake something simple together
- Puppet show with socks
- Tell a story, one sentence each
- Counting games with coins
- Match-the-pairs cards
- Make a shop and play customers

Ages 7+

- Strategy and logic games
- Teach them a game from your childhood
- Write and draw a comic together
- Plant a seed and track it
- Family game league with a scoreboard
- Secret code messages
- Share a favourite family recipe
- Build a model from recycled boxes
- Magic tricks show
- Look through old photos and tell the stories

TRICKY MOMENTS

When they would rather have a tablet

It happens in every family. You do not need to win an argument. A gentle pattern works well:

Understand → Offer → Join in

"I know the tablet is fun."
(They feel understood.)

"I have a game I would love to show you."
(A clear, friendly invitation.)

"Shall we play it together?"
(You sit down and join in. This is the key.)

Common situations

"I'm bored!"
Keep a "Grandma's (or Grandpa's) Jar" of ideas on slips of paper. Let them pull one out.

They get frustrated when they lose
Play cooperative games where everyone wins together, or say "that was a close one!" and offer a rematch.

You need a rest
Set up a quiet activity such as puzzles or colouring, and sit beside them with a cup of tea.

THE CHALLENGE

Your 7-day connection challenge

One small, happy task a day. Tick it off and notice what changes between you and your grandchild.

Day 1	▢ Choose one game and set it on the table before the next visit.
Day 2	▢ Ask your grandchild: "What is your favourite thing to play?"
Day 3	▢ Play one full game together, no phone nearby.
Day 4	▢ Go for a short walk and collect five treasures.
Day 5	▢ Cook or bake something together.
Day 6	▢ Teach them a game, song or trick from your own childhood.
Day 7	▢ Read a bedtime story together and take a photo to remember it.

Reflect: What made them laugh the most? Do that again next time.

THANK YOU

You make a bigger difference than you know

A grandparent's time, patience and stories are a gift no toy can replace. Every game you play together tells your grandchild: you matter to me.

At LyttleMinds we make toys and games that grown-ups and children can enjoy side by side, so playing together comes naturally. We would love to hear how your visits go.

Share your story
Send us a photo or a note at info@lyttleminds.com. We read every message.

Your second free gift
Don't forget *Sleepy Moon Bedtime Stories*, five gentle stories to read aloud to your grandchild.

This guide offers general ideas and is not medical or professional advice. Always supervise young children and check that toys suit their age.