





### Tips for grandparents raising grandchildren:

- Seek out support and information.
- Be mindful of your finances.
- Determine your eligibility for help.
- Consider your legal status.
- Pursue tax credits.

## Homework Help?

To help grandchildren with homework, grandparents and kinship families should focus on providing support, encouragement and a positive learning environment. Establish a routine, take breaks and help when needed. Here are some specific tips:

- **Set a consistent homework time**
- **Create a dedicated homework space**
- **Offer encouragement and support**
- **Take breaks**
- **Be available to help**
- **Model positive learning habits**
- **Focus on learning, not grades**
- **Respect parental authority**
- **Attend school events**

For more information on parenting tips please visit our Partners in Parenting at <https://extension.unr.edu/parenting>.

## Games for the Generations to Enjoy

“Parenting” can have fun times too. Classic board games and card games are great options for an intergenerational group. Simple outdoor games like tag, hide-and-seek or nature walks can also be fun and engaging for all ages.

Here are some additional ideas:

### Classic Board Games:

- **Checkers/Chess:** These games are excellent for developing strategic thinking.
- **Scrabble:** This word game is a fun way to improve vocabulary.
- **Dominos:** A classic number and strategy game that is great for all ages.

### Card Games:

- **Go Fish:** Easy for young children to learn and older kids enjoy playing it too.
- **Old Maid:** Another classic game that is fun for all ages.
- **Rummy and Crazy Eights:** Involves matching cards and can be adapted for different skill levels.

### Other Games and Activities:

- **Hide-and-Seek:** This classic game can be played indoors or outdoors.
- **Simon Says:** A fun game that promotes physical activity, listening skills and following instructions.
- **Nature Walks and Outdoor Games:** Enjoy the outdoors and explore nature together. (Stay hydrated!)
- **I Spy:** Can be played anywhere and encourages observation skills.
- **Art Projects:** Engage in creative activities like drawing or painting together.

## Healthy Afternoon Snack

*Any way you can toss it; a healthy afternoon snack can boost your mood and give you a quick pick me up. Try this easy and nutritious trail mix that young and old alike will enjoy!*

### Ingredients:

- $\frac{3}{4}$  cup unsalted roasted peanuts
- $\frac{1}{2}$  cup raisins
- 1  $\frac{1}{4}$  cup crispy whole wheat cereal squares
- 1 cup mini pretzels
- $\frac{1}{2}$  cup chocolate chips

### Materials Needed:

- Large bowl
- Measuring cups
- Zip-top plastic bags

### Instructions:

1. In a large bowl, combine peanuts, raisins, cereal, pretzels and chocolate chips.
2. Place it in an air-tight container or zip-top plastic bag. Store in a cool, dry place.

Source: <https://cookingmatters.org/recipes/trail-mix/>



Visit [extension.unr.edu/healthy-eating](https://extension.unr.edu/healthy-eating) for more nutritional topics and other tasty summer recipes.

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