 

**Grandparent Check List**



**Ask your Grandparent/s if they have tested their smoke alarm this week?**

Smoke alarms should be tested once a week. If they haven’t done it ask them to check it today.



**Do you know where your keys are when you go to bed and do you have a phone upstairs?**

If the smoke alarm goes off in the night you may need to get out of your house quickly so need to know where your keys are and have a phone upstairs so if you need help and can’t get out you can phone 999

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**Ask your Grandparent/s if they close the all the doors in their home at night and make sure everything is switched off?**

If you switch everything off which you can, it means the chance of a fire happening is reduced. Closing the doors can slow the spread of a fire if it starts.

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**Ask your Grandparent/s if they are washing their hands regularly?**

We should all be washing our hands regularly for 20 seconds to make sure we don’t spread the Covid – 19 virus. They could sing Happy Birthday to you, twice!



**Ask your Grandparent/s if they are staying home and only making essential trips?**

It is important we all stay at home and only go out if essential.

**Ask your Grandparent/s if they are eating healthy and have everything they need?**

Eating delicious healthy meals and going for a gentle walk once a day will day help with your health and mental well being





**Why not tell your Grandparent/s what you have been doing?**

**Why not ask them about when they were younger and how they entertained themselves?**

**Why not write your grandparent a letter and draw a picture to send them?**