

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



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.



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?

