



CELEBRATE 3.21 • FOR FAMILIES

Grandparents & Extended Family Guide

Near or far, you belong



For grandparents, aunts, uncles, and family friends: ways to celebrate near or far, words that help, a note on how much has changed, 10 video-call ideas, and a mail-a-card.

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- 2 What to say
- 3 Supporting the parents
- 4 10 video-call ideas
- 5 Mail-a-card

FOR GRANDPARENTS, AUNTS, UNCLES & FAMILY FRIENDS

Celebrate from near or far

You don't have to live nearby to make 3.21 special for someone you love.

IF YOU'RE NEARBY

- Come to their school or church 3.21 event
- Wear fun socks together on Friday, March 19
- Bring a blue and yellow treat
- Take them on a special outing
- Read a book from the Book List together

IF YOU'RE FAR AWAY

- Mail the card in this guide (send by March 12)
- Video-call in your wildest socks
- Mail a pair of fun socks with a note
- Record yourself reading a bedtime story
- Post a photo with #Celebrate321 (with the family's OK)

TRY SAYING

INSTEAD OF

"I'm so proud of you!"

"You're so brave."

"Tell me about your week."

Talking only to their parents

"What do you think?" (and wait)

Answering for them

"How can I help this week?"

"Let me know if you need anything."

A NOTE FOR GRANDPARENTS

Many grandparents grew up when people with Down syndrome were hidden away or sent to institutions. Today's world is very different: people with Down syndrome go to school, work, marry, and live full lives. The Learn One Thing fact sheet is a great place to start.

SUPPORT THE PARENTS, TOO

- Offer specific help: a meal, a ride, a free evening
- Celebrate milestones with them
- Ask what words they prefer
- Listen more than you advise

FAR AWAY?

10 video-call ideas

Five to fifteen minutes of fun makes a big difference.

SOCK SHOW-AND-TELL

Both show your wildest socks. Vote on the winner!

READ TOGETHER

Mail the same book to both houses and read it over video.

SOCK PUPPET SHOW

Make puppets and put on a show for each other.

COOK TOGETHER

Make 3.21 cupcakes at the same time in two kitchens.

DANCE PARTY

Play a favorite song and dance with your feet in the camera.

GUESS THE SOCK

Describe a sock; the other person guesses which one.

DRAW TOGETHER

Both draw a fun sock design, then hold them up.

STORY TIME

Tell a story about when you were little.

SING A SONG

Sing Happy 3.21 to the tune of a birthday song.

SAY "I LOVE YOU BECAUSE..."

Take turns finishing the sentence.

PRINTABLE

Mail-a-card (2 per page)

Cut apart, write a note, and mail by March 12 so it arrives for 3.21.



HAPPY WORLD DOWN SYNDROME DAY!

I'm celebrating you!

Dear _____

Love, _____



P.S. I'm wearing my fun socks today, just for you!

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