A Short Guide to Running a

# Grandparents Playgroup



**A grandparents playgroup is a welcoming space where grandparents and other older carers can come together with the children in their care to play, connect and share experiences.**

**These playgroups recognise the important role older carers play in children's lives. They offer a supportive environment where grandparents can meet others in similar roles, share stories across generations and enjoy the simple pleasure of play.**

**Grandparents playgroups can be for grandparents minding children for a short period, a longer period or as their primary carers.**

## Playgroup Space

- Provide a mix of seating options — sturdy chairs with armrests and good back support for those who need it, alongside floor mats, rugs and floor cushions for those who prefer to sit at the children's level.
- Create active play spaces alongside quieter areas for rest or conversation.
- Ensure the space is well lit and not too noisy. It should be comfortably heated or cooled, with shade available outdoors.
- Choose a venue with level, step-free access that is easy to navigate with prams, wheelchairs and walking frames, with parking close to the entrance.

## Partnerships and Promotion

- Connect with seniors groups, men's sheds and cultural community organisations where older carers may already gather.
- Speak to family service teams at your local council, and reach out to maternal and child health nurses, who often connect grandparents and carers with local support.
- Display flyers at medical clinics, pharmacies, libraries, coffee shops and community hubs.

## Toys, Resources and Activities

- Singing games with actions- for example *Heads Shoulders Knees and Toes*- and sharing songs and rhymes from childhood.
- Simple crafts- for example drawing, colouring, playdough, collage with paper and natural materials.
- Outdoor play where possible- for example ball games, bubbles, sand play, nature treasure hunts.
- Games that encourage interaction- for example parachute games, exploring sensory bins, building together
- Sharing skills or hobbies- for example gardening, simple cooking activities, storytelling.

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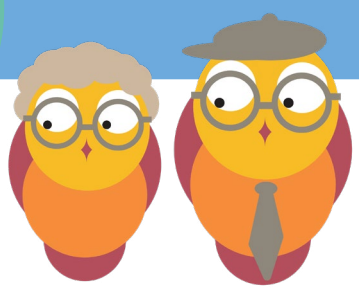
## An Important Note

Grandparents and older carers possess a wide range of experiences, confidence levels and physical abilities. Create a welcoming, flexible space where everyone can participate in a way that suits them.

Value the knowledge and life experience older people bring. Encourage participants to share stories and create opportunities for skills and connections to be shared and celebrated.

Be mindful of balancing children's play with time for carers to connect and build relationships.

**For more advice and resources, register your playgroup!**



## More Information

**Grandparents Victoria**

A non-for-profit organisation offering support, information and connection for grandparents and kinship carers.

**Raising Children Network - Grandparents Focus**

A digital hub linking through to lots of different information for grandparents and kinship carers.

**Raising Grandchildren**

A charitable organisation offering practical tips, workshops, support groups and resources for grandparents who are the primary carers of their grandchildren.