

**Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.**

## Top tips: intergenerational links

**Intergenerational links bring together younger and older generations, to spend time together, playing and taking part in activities.**

This creates social interactions and shared experiences amongst different generations, which has many benefits for them both. Bringing young and older people together can boost children's well-being, language use and acquisition, social interaction and change attitudes towards ageing.



- **Work together** - contact your local care home to build relationships, discuss potential visits and the benefits for all involved
- **Start small** - invite children to share experiences of older people in their own lives. Talk about the upcoming visit. Draw a picture or make something that can be taken on your visit
- **First visit** - keep this short and simple to introduce the children and the residents. You could deliver your gifts and sing some songs or read a story together
- **Routines** - arrange regular visits so that relationships can develop
- **Plan together** – to ensure that activities are pitched at a suitable level so everyone can enjoy and benefit from the sessions
- **Use common interests** – plan activities that both groups like such as crafting, singing, gardening, etc.
- **Bring resources** - provide objects that could enable a connection such as looking through books or bringing a train set if you know there are some train enthusiasts
- **Keep it fun** - this is an opportunity for the children to make new friends and create meaningful connections
- **Considerations** – talk to the children and residents about behaviour such as respecting boundaries and asking before they touch, hug etc.
- **Risk assessments** - carry out risk assessments; it may be useful to do this with the care home manager for when in the home, such as toileting and hygiene.

### NDNA products to support you with these tips

- Factsheet – [Nursery Outings](#)

And more resources at [www.ndna.org.uk/hub/myndna](http://www.ndna.org.uk/hub/myndna)