

Hey Grandpa - Hey Grandma

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I'd like to have a word
The young ones need what you can give
Make sure that you are heard

Life today is different
Than it was within your youth
Kids today need mentoring
They need help with the truth

Grandpa you can be that guy
The one to whom they go
The one they trust with questions
When they really need to know

You won't compete with Mom and Dad
You'll be that extra ear
The one they can ask anything
No judgement and no fear

Grandma you may notice things
That you can ask about
Teach them how to dialog
Dispel their fears and doubt

Ask them questions that require
More than a "Yes" or "No"
Show an interest in their world
Plant seeds - and help them grow

When we were kids the TV screen
Flashed scenes from Vietnam
Our brothers faced potential draft
And leaving Dad and Mom

Today the war is less direct
Our kids fight close to home
Their battle lines are cultural
Don't let them fight alone

They face things we did not see
Til we were far along
They're told that life is meaningless
There is no right or wrong

They're handed screens to keep them calm
Before the age of two
This seems a harmless little thing
But it takes the place of you

The screen becomes their stimulus
Their mentor and their friend
Their source of interaction
From morning to days end

Excessive play of video games
Can lead to chronic stress
And elevated cortisol
Moderation here is best

Human interaction
Is the cure that is required
To counteract the loneliness
That Ai has inspired

Tell them things about your life
From when you were a kid
The dreams you had - your hopes and prayers
The fun things that you did

Read to them our stories
And let them read to you
Then tell some stories of your own
And help them write a few

Plant a garden watch it grow
Or play a game outside
Or Board games - Cards - or Coloring Books
Whatever you decide

Prepare a meal and let them cook
And help them as they do
Plan the meal ahead of time
And take them shopping too

Pillsbury Corndog Hotdog Wraps
They're quick and lots of fun
Not for every day of course
But the kids will love this one

Add a side of Bush's Beans
A Salad and Dessert
Be sure to have some Whipped Cream too
The kind that you can squirt

Talk with them as dinner's made
They will remember this
They'll tell their kids in years to come
With fondness and with bliss

Be that shining light for them
And help them as they grow
This effort and this extra time
Means more than we can know

