Grandparents' Expectations

Before Baby & After Baby

Dear Grandma, Grandpa, Nana, Papa — and every name you will wear with love,

I made these pages for you. Before the baby arrives, I hope you will sit with a cup of tea and write what you hope for: how often you would like to visit, how you would like to help, what you would like to be called, and the traditions you want to pass down. After baby comes, there is room for the first weeks, for safe sleep and healthy visits, and for talking over gifts, babysitting, and how you and the parents will stay close.

When you have filled this in, bring it to a gentle conversation with the baby's parents. There is a page for looking at your answers side by side, and a letter you may write to your grandbaby. There is no test at the end — only a place to begin.

"Children's children are the crown of old men, And the glory of children is their father."

— Proverbs 17:6 (NKJV)

My name: _____

I am grandparent to: _____

Date: _____

How to use these pages. Fill in the Before Baby questions while you wait, and the After Baby questions as the first weeks unfold — or all at once, if you like. Then sit down with the baby's parents and use Talk It Over Together to look at your answers side by side. End with a letter your grandbaby may read one day.

With love,

Regina

Scripture taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Before Baby

hopes, help, and what I'd like to be called

These questions are for you, the grandparent, while you wait. Tick what feels true, and write the rest in your own words. There are no right answers — only a way to begin talking.

How often I hope to visit

- ☐ Every week
- ☐ A few times a month
- ☐ Other: _____
- ☐ Holidays and special days
- ☐ We'll decide as we go

How I'd like to help (tick all that feel true)

- ☐ Meals and cooking
- ☐ Laundry
- ☐ Care for older siblings
- ☐ Other: _____
- ☐ Housework or errands
- ☐ Sitting with baby so parents can rest
- ☐ Prayer, or a listening ear

What I'd like to be called

Nana, Papa, Grandma, Grandpa, Abuela, Abuelo, or another family name — write the one you hope for.

I hope to be called: _____ And the other grandparent: _____

Traditions I hope to pass on

A song, a prayer, a holiday, a recipe, a story from when their parent was little...

What I worry about, or hope for

When our advice differs

- ☐ I'll share once, then follow the parents' lead
- ☐ I'll ask if they would like my thoughts first
- ☐ Other: _____
- ☐ I'll wait to be asked
- ☐ We'll talk it over together, kindly

If we see things differently, I hope we will

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

After Baby

the first weeks, and loving this baby well

When the baby is here, love looks like following the parents' lead, and learning a few things that may be new since you raised your own children.

In the first weeks, I hope a visit looks like

- ☐ Coming as soon as they are ready
- ☐ Waiting to be invited, and staying a short while
- ☐ Other: _____
- ☐ Staying to help for a few days, if they would like that
- ☐ Video calls first, then a visit

A visit in the first weeks would be especially sweet if

A few things that may be new since you raised your own children. I gathered these from the American Academy of Pediatrics and the CDC, so you can love this baby well. Tick what you have read, and bring questions to the baby's pediatrician and to your own doctor.

The American Academy of Pediatrics says babies should sleep on their **backs**, **alone**, on a firm, flat surface, with **no bumpers, pillows, blankets, or stuffed toys** in the crib. Room-sharing is recommended; bed-sharing is not.

The CDC and the AAP recommend that close contacts — grandparents, caregivers, and others who will spend time with a newborn — be up to date on **Tdap** (whooping cough) and get a **flu vaccine each flu season**. If you already had a Tdap as an adult, the CDC says you do not need another. If you need a vaccine, get it **at least two weeks** before you meet the baby. Ask the baby's pediatrician which vaccines they recommend for your visit.

Wash your hands before you hold the baby, stay home if you feel sick, and follow the parents' lead on feeding and visitors. The AAP also advises **no cereal in the bottle**, and **no honey before age 1**.

I have read these, and I will honor them

- ☐ I will put baby on their back, alone, in their own sleep space, with no bumpers, pillows, blankets, or stuffed toys in the crib.
- ☐ I will wash my hands before I hold the baby, and stay home if I feel sick.
- ☐ I will follow the parents' lead on feeding (breast, bottle, or both), and I will not put cereal in a bottle or give honey before age 1.
- ☐ I will ask my own doctor, and the baby's pediatrician, about vaccines for close contacts — Tdap (whooping cough) and a flu vaccine each flu season.

A note I want the parents to have

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

After Baby

babysitting, gifts, and staying close

These questions help you share what you hope for once the first weeks have settled — babysitting, gifts, how you like to hear from the family, and how you will honor the parents' decisions, even when you were taught something different.

Babysitting hopes

- ☐ I'd love to babysit once the parents feel ready
- ☐ I'm happy to sit for a short stretch (an errand, a nap, a church service)
- ☐ Overnight care is something we can talk about later
- ☐ I'm not able to babysit, and I can help in other ways
- ☐ Other: _____

If I babysit, I hope it looks like

_____

_____

Gifts and spoiling

- ☐ Small, useful gifts are my favorite
- ☐ I love a special toy or book now and then
- ☐ I'd rather give time, a meal, or a savings gift
- ☐ I'll ask the parents before I buy a bigger gift
- ☐ Other: _____

When it comes to spoiling, I hope

_____

_____

How I like to hear from the family

- ☐ A text or a photo now and then is enough
- ☐ I'd love a weekly call or video chat
- ☐ Please tell me plainly if a visit needs to change
- ☐ A standing day or time would be a gift
- ☐ Other: _____

Respecting the parents' decisions

You became a parent in a different season, and you learned a great deal. This baby's parents are the decision-makers now. Boundaries are not walls; they are the fence around a little garden, so everyone knows where the gate is.

- ☐ I will follow the parents' decisions on sleep, feeding, visitors, and care, even when I was taught something different.

One way I can support them is

_____

_____

_____

_____

_____

_____

_____

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

Talk It Over Together

parents' and grandparents' answers, side by side

When you are ready, sit down with the baby's parents and look at your answers side by side. You may not agree on every line. That is all right. The aim is to hear one another kindly, and to leave with a plan you can all live with.

Topic	Grandparents	Parents
How often we'll visit		
How grandparents will help		
What grandparents will be called		
The first weeks' visits		
Sleep, feeding, and healthy visits		
Babysitting		
Gifts and spoiling		
How we'll talk if we disagree		

What we agreed today

Date we talked: _____ We will come back to this on: _____

VISIT
www.reginamarcella.com
Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.

A Letter to Our Grandbaby

a blessing to keep

Write a letter your grandchild may read one day — a blessing, a memory, a hope, or a story from when their parent was little. Say what you want them to know about your love, and about the family they have been born into.

Dear: _____ From: _____ Date: _____

Sources

These notes are a starting place for good conversations with the baby's pediatrician and with your own doctor. Scripture taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

1. A Parent's Guide to Safe Sleep. American Academy of Pediatrics, HealthyChildren.org.
2. How to Cocoon a Newborn: Family & Friends Can Protect Baby From Germs. American Academy of Pediatrics, HealthyChildren.org.
3. Vaccines for Family and Caregivers. Centers for Disease Control and Prevention (CDC).
4. Immunizations. American Academy of Pediatrics, HealthyChildren.org.
5. Starting Solid Foods. American Academy of Pediatrics, HealthyChildren.org.

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.