



Keeping Stories for Your Child

THEIR STORIES

Tell them about how you found out you were pregnant.

Tell them how you felt the moment they were born.

Tell them why you chose their name.

Do they have any nicknames? How did they come about?

What is their hometown like? How did you come to be living there? Do you have a map you can include?

Write about the family home. Is it a house or an apartment? Do they have their own room? Take some photographs and add them in.

Write about their favorite book.

Do they have a toy that they carry with them everywhere? Where did the toy come from? Include a photograph or two.

What do they love most about school?

Write down the names of their best friends. Include some photographs.

Write about trips that you take as a family. Can you include ticket stubs or maps or postcards?

Tell them about the world events that are happening. You might want to include some newspaper clippings.

Write about their favorite foods. Tell them how much they cost, you might even want to include a wrapper or two.

Write about your family's traditions.

Document a typical day in the life for them.

Write about something that they saved up to buy.

Do they have an allowance? Write about what they do to earn it and how they choose to spend or save the money.

Write about their birthday and Christmas gifts.

Include letters they write to Santa Claus

Write about milestones, when did they lose their first tooth, get their first haircut etc

Write about their favorite song.

Make a note of funny things they do that make you laugh.

Write a letter to them on the eve of each birthday.

Write a letter to them about your hopes and dreams for them.

Write a letter filled with advice for them as a partner and a parent.



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YOUR STORY

What do you wish you were good at?

What are your greatest fears?

What's your favorite book of all time?

Do you have a song that triggers a memory when you hear it?

If you could have a do-over would you change anything in your life?

When you were a child what did you want to be when you grew up?

Tell them 10 random things they don't know about you.

If you could have three wishes what would you wish for?

Tell them about someone who was a positive influence on your life

If you could only do three things on your bucket list what would they be and why?

What legacy do you want to be known for?

If you could spend some time with anyone from history who would it be and why?

What is your favorite holiday and why?

Document a typical day in your life right now.

Write down a quote that means a lot to you and tell them why.

Tell them about a difficult time in your life and how you got through it.

Tell them about your relationship with your own mother.

Write about how you met their father.

Write about your first date.

If you are married tell the story of the proposal and your wedding day.

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Memory Books category.**