



## Remembering Life as a Child

One of the first things you can do to connect with your child is to remember what life was like as a child.

When you were the same age as your child:

1. Who was the adult you trusted the most?
2. Did your parents spend time with you?
3. How did you spend your day?
4. Did you have a best friend? If so, who?
5. Did you have siblings? If so, what was your relationship with them?
6. What were your biggest challenges?
7. Were you mostly happy or sad?
8. Were you mostly shy or outgoing?
9. Did you mostly feel secure or fearful?