

PARENT GUIDE TO CORE MEMORIES

What Is A Core Memory?

Core memories are those moments in a child's life that help develop a foundation for their lives. These moments can be big or small, but the experience plays a huge role in creating their personality, self-esteem, and overall well-being. Positive core memories can begin as early as 2 years old and can truly help create a stronghold for children to flashback to.

How Can I Help Develop Core Memories?

Active participation in a child's life can have a HUGE impact on their core memories. And it doesn't have to be big events like a family vacation, something as simple as reading together, taking a trip to the comic shop, solving a puzzle as a family, or simply communicating openly and lovingly can help create lasting core memories.

What Are Techniques For Building Core Memories?

- Be present and engaging during shared activities
- Create family traditions that are repeated over time
- Actively listen and allow children to express their feelings and ideas
- Offer words of encouragement, support, and validation

Take It Further

Ask your child what their favorite part of an activity was. Have them write you a story or draw you a picture of the experience. Work together to create a scrapbook of all your favorite moments together!

