

Positive Memories

Think about what you would like your child to think about their childhood.

Imagine your child is telling a friend at school all about their parents, what would you want them to say?.

- 1**
- 2**
- 3**
- 4**

Think about what you would not like your child to say to their friend.

- 1**
- 2**
- 3**
- 4**

By thinking about things in this way we are exploring some of our fears about what could go wrong. If we know what those are, we can work to prevent that from happening.