

Caregiver Training Preserving Memories: Nurturing Positive Identity

Participant Material

Alberta Children and Family Services
2025

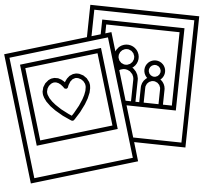


Alberta

Table of Contents



Course Content



**My Strategy for
Preserving Memories**



Resources

My Memory Box

Imagine you had a memory box. What would you put in it?



Item I'd put in my memory box	Why it's significant to me



Memory Formation

Memories form and tend to be stronger when they are tied to:

Sensory Information	Sights, sounds, smells, tastes, touch
Personal Connections	Significant people, events Shared memories
Emotions	Strong emotions



Impact of Trauma

- Disrupts development of memories.
- Increases recall of negative experiences.
- Leads to distorted perceptions of experiences.
- Results in memory gaps.



Importance of Preserving Memories

- Helps child/youth make sense of their experiences.
- Fosters positive identity development.
- Anchors child/youth's identity.
- Helps cope with loss and grief.
- Helps balance negative emotions with positive ones.
- Supports a sense of belonging.

Every child deserves to know their story. Every child has the right to belong.



Things We Might Preserve

Category	Examples
Cultural experiences	Participation in powwow, drumming circle, made Bannock, naming ceremony
Achievements	Honour role, top athlete, trophies
Interests	Loves cooking, playing with little truck, singing
Funny things they said or did	I'm not small, I'm fun-sized!
Important people	Grandma B visited you every Sunday



Approaches for Preserving Memories



Physical



Digital



**Storytelling
and Reflection**

Previous



Next

Physical Preservation

Approach	Examples
Memory Box	Add tangible items like photos, letters, or keepsakes to a box
Photo Albums or Scrapbooks	Physical books that contain photos, notes, or drawings
Life Books	A structured book that includes documents, photos, and personal history



Digital Preservation*

Approach	Examples
Apps, digital scrapbooks	My Google Photos Canva
Digital photos and videos	Of significant events and people. Stored on a computer, memory stick or photo-sharing app (e.g., iCloud, Dropbox)
Voice Recordings or Video Diaries	Record children/youth telling their stories, reflecting on their past, or sharing experiences in their own words.

*Always ensure the child or youth's confidentiality when using digital methods to preserve memories.



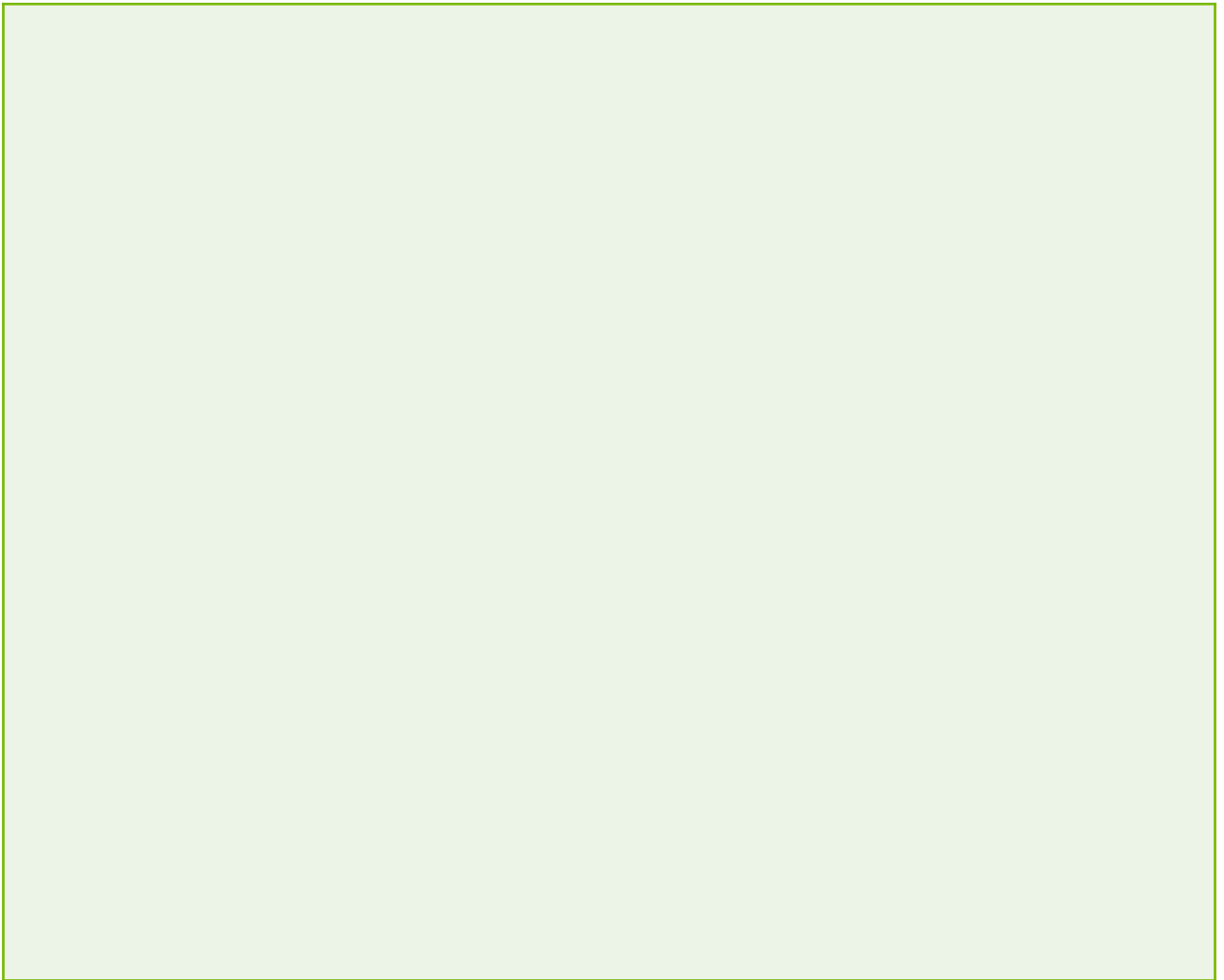
Storytelling and Reflection

Approach	Examples
Storytelling Sessions	Sharing memories Voice recordings Videos
Journaling	Encourage the child/youth to draw pictures or write journals
Create a Time Capsule	Ask the child/youth to identify 2-3 special items to add to an envelope or box labelled don't open until xxx date. Ask the child/youth to write a note to their future selves.
Memory Notes	Write short notes about an important event or person.



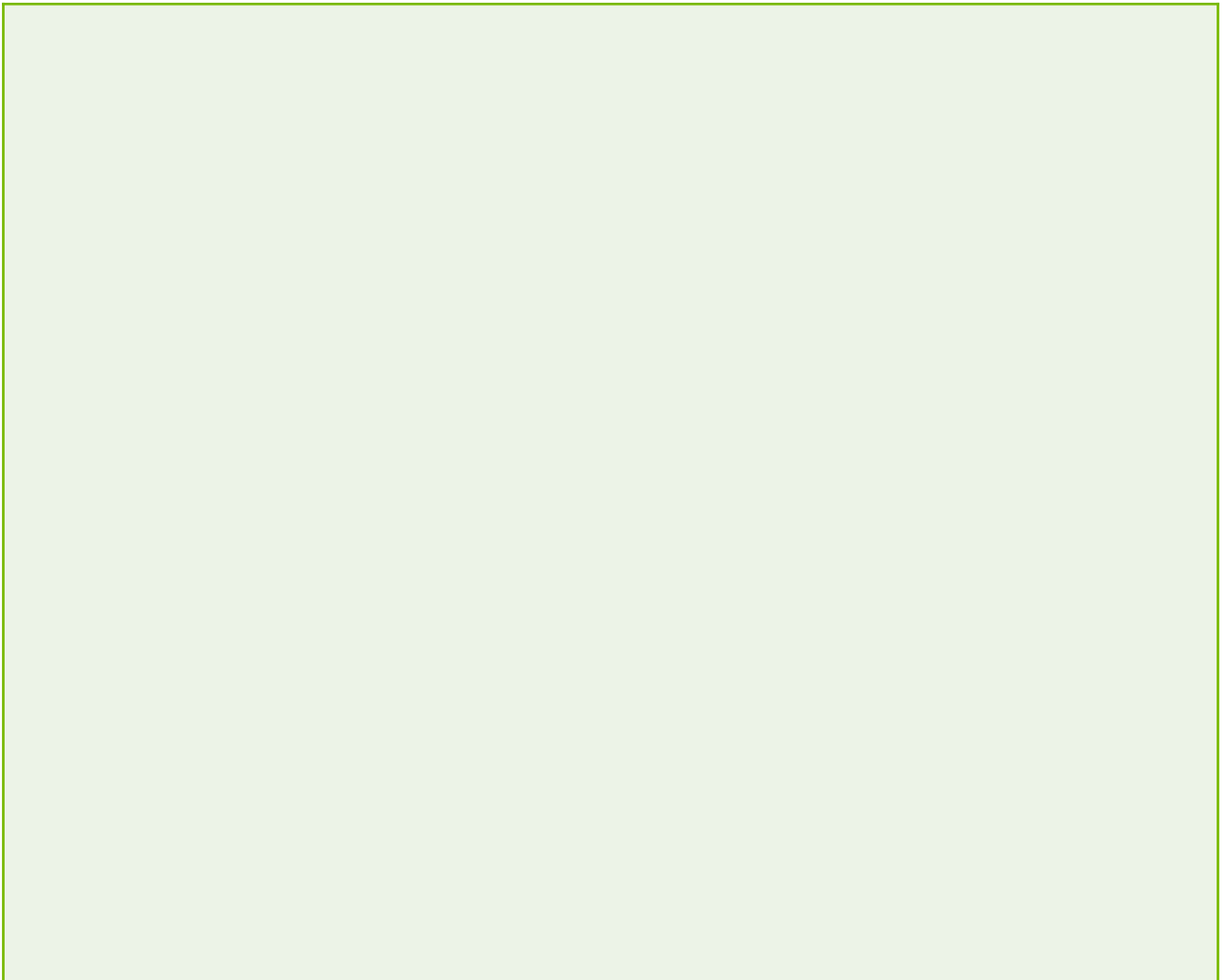
My Strategy For Preserving Memories

What do I already do to preserve the memories of children/youth in my care?



My Strategy For Preserving Memories

What opportunities are there to preserve memories for children/youth in my care?



Resources

Name

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma. By Bessel Van Der Kolk, B.



This beautiful piece of art was created by a youth in care. We thank them for their creativity and generosity.

Previous



Next

Video Resources

Name	Link
Bernadine Grant, Caregiver	A Conversation with Bernadine Grant Cultural Memories
Heather Kleckner, Caregiver	Preserving Memories
Naomi Twigg and Chris Shade, Caregivers	How Do you Preserve Memories?
Anthony Pitcher, Caregiver Practitioner	Preserving Memories
Leanne Sunderland, Caregiver Practitioner	Preserving Memories
Priscilla Ristau, Supervisor, Provincial Caregiving Team	What is your First Childhood Memory? My Little Yellow Wagon My Little Red Boom Box Collaborating with the Child or Youth

