

# Caregiver Training Preserving Memories: Nurturing Positive Identity

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## Participant Material

Alberta Children and Family Services  
2025

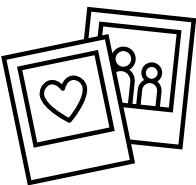


Alberta

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**Course Content**



**My Strategy for  
Preserving Memories**



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# 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



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# Memory Formation

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

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



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# Impact of Trauma

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



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# 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 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

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# 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
<b>Apps, digital scrapbooks</b>	My Google Photos Canva
<b>Digital photos and videos</b>	Of significant events and people. Stored on a computer, memory stick or photo-sharing app (e.g., iCloud, Dropbox)
<b>Voice Recordings or Video Diaries</b>	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
<b>Storytelling Sessions</b>	Sharing memories Voice recordings Videos
<b>Journaling</b>	Encourage the child/youth to draw pictures or write journals
<b>Create a Time Capsule</b>	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.
<b>Memory Notes</b>	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?



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# My Strategy For Preserving Memories

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

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# 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.

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# Video Resources

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

