

# Caregiver Training Preserving Memories: Nurturing Positive Identity

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## Participant Material

Alberta Children and Family Services  
2025

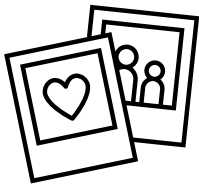


Alberta

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## Course Content



## My Strategy for Preserving Memories



## 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



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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



# 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
<b>Cultural experiences</b>	Participation in powwow, drumming circle, made Bannock, naming ceremony
<b>Achievements</b>	Honour role, top athlete, trophies
<b>Interests</b>	Loves cooking, playing with little truck, singing
<b>Funny things they said or did</b>	I'm not small, I'm fun-sized!
<b>Important people</b>	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?

# 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.

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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>

