



# Preserving Memories: Nurturing Positive Identity

## In-Service Training

### Course Description

This course explores the intricate process of memory development in children and youth, emphasizing the profound impact of experiences on memory formation. Participants will learn the significance of preserving memories to foster a sense of self and belonging throughout the lifespan. The course also addresses the unique challenges faced by children and youth in care regarding memory preservation and provides practical strategies for caregivers to support this crucial aspect of development.

### Learning Objectives

- Describe how memories develop, and the impact various experiences can have on memory formation.
- Explain the importance of preserving memories to a child or youth's sense of self and belonging across the lifespan.
- Address challenges with memory preservation for children or youth in care.
- Identify ideas and develop a plan for how to preserve memories for a child or youth in their care.
- Explain how preserving memories of the child or youth in their care benefits caregivers.

### Key Messages

- Preserved memories are vital for a child or youth's sense of self and belonging. They provide continuity and a personal history that supports emotional and psychological well-being.
- It helps them build a strong sense of identity and belonging, which is crucial for their overall well-being.
- Developing a comprehensive plan ensures these memories are preserved effectively.
- Preserving memories not only benefits children and youth but also enhances caregivers' relationships with them. It provides emotional rewards and helps caregivers understand and meet the emotional needs of those in their care.

### Guided Discussion Questions

1. What are some common challenges faced by children and youth in your care that hinder memory preservation, and how have you addressed these challenges?
2. How does preserving the memories of children and youth benefit you as a caregiver(s), and what emotional rewards does it provide?

### Resources

**Please note - caregivers are provided an electronic version of the Participant Materials which includes other useful resources and appendices relevant to the course content.**

**Resource One:** [How Do you Preserve Memories?](#)

**Resource Two:** [Preserving Memories](#)

**Resource three:** [The Body Keeps The Score | Bessel van der Kolk, MD.](#)