



## Remembering Life as a Child

One of the first things parents can do to connect with their kids is to remember what life was like as a child or young adult. Try this brief exercise:

### How old are your children?

#### When you were the same age:

- |   |  |
|---|--|
| 1. Who was the adult you trusted the most?      | 11. Were you mostly shy or outgoing?                             |
| 2. Did your parents spend time with you?        | 12. Did you mostly feel secure or fearful?                       |
| 3. What was your favorite color?                | 13. Did you have your own room?                                  |
| 4. What was your favorite sport?                | 14. What did you want to be when you grew up?                    |
| 5. How did you spend your day?                  | 15. Were food, clothing, and basic necessities easily available? |
| 6. Did you have a best friend? If so, who?      | 16. Could you tie your shoes?                                    |
| 7. Did you have siblings? If so, how many?      | 17. Could you ride a bike?                                       |
| 8. What were your biggest challenges?           | 18. What was your favorite food?                                 |
| 9. What was your favorite way to spend the day? | 19. Where did you live?  |
| 10. Were you mostly happy or sad?               |  |

#### Now, reflecting on your child, list 3 hopes that you have for him/her as an adult:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### What did you learn from this exercise?

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#### For example:

*I learned that childhood is a time of learning and compromise. I realized that it was hard and sometimes, my parents were more critical than they needed to be. I am making a decision to be more thoughtful in my approach to parenting. I am willing to let my child lead the way and I will follow with Emotion Coaching.*