

# Reminiscing

## Developing Your Child's Autobiographical Memory



### What Is Autobiographical Memory?

Autobiographical memory is “our store of past events that has personal meaning” (Cleveland, E. & Reese, E. 2005).

Autobiographical memory develops in the early preschool years (age 4+), but you can work on the skills your child will need now!

Autobiographical memory is linked to academic and personal success. Children with better autobiographical memories:

1

TELL MORE DETAILED,  
COMPLEX, AND  
COHERENT STORIES

2

DEVELOP HIGHER  
SELF-ESTEEM

3

HAVE HIGHER LEVELS  
OF EMOTIONAL  
REGULATION



#### Read Books Together

Ask who, what, where, and when questions



#### Talk about Interesting Past Events

Use photos and videos to share with others



#### Talk about How Events Made You Feel

Ask– what did your child like/not like? Why?

# How can you develop your child's autobiographical memory?

## **RECALL** WHAT HAPPENED WITH YOUR CHILD!

**R**etell events that have happened, books read

**E**laborate

Give new information (e.g. The lion had a big furry mane – a mane is the lion's fur around his head.)

**C**onfirm

Acknowledge his/her responses and feelings (e.g. That's right, we did see a lion!)

**A**sk open ended questions

Who/What/Where/When

**L**et your child take the lead

Talk about what is interesting to your child

**L**ink the events to emotion words

How did the experience make you feel? How did the characters in the book feel?

