



To help your child understand that we all change over time

You will need:



Arrange for your child to spend time talking to an older person they like and trust. Below are some suggested questions and space for your own questions.

My name \_\_\_\_\_

My senior friend's name \_\_\_\_\_

1 Where were you born? \_\_\_\_\_

2 Where did you grow up? \_\_\_\_\_

3 What was your favourite food as a child? \_\_\_\_\_

4 Where did you go on holiday and how did you get there?  
\_\_\_\_\_

5 Who was your best friend when you were younger? Did you stay friends?  
\_\_\_\_\_

6 What was different when you were my age?  
\_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_