

Start recording some of your child's favorite memories. Remind him or her to think of one and "Power-Up" when sad, angry, etc. This is an important life skill for kids of *all* ages.

Make it a game and have fun practicing together! Create a strong multi-sensory memory. Ask your child:

1. Who was there? (Daddy, Grandma, just your child and a favorite book or toy...)
 2. What did you hear? (Mommy singing, your brother laughing, ocean waves, kids playing...)
 3. What did you see? (trees, pictures, candles, toys, swings...)
 4. What did you smell? (rain, flowers, popcorn, nothing...)
 5. What did you taste? (cake, crunchy carrots, nothing...)
 6. What were you doing? (singing, riding a bike, visiting cousins, swimming...)
- If you have a picture of the memory, make extra copies to keep in the car, on the refrigerator, and in this book. 😊
 - If you don't have a picture, encourage your child to have fun drawing one!

****Keep adding more special memories!***

Bonus: Go to ABCaBetterMe.com to download extra "*Happy Memories*" forms, watch a fun video, learn more about "Powering-Up", or purchase Maureen King's *I Don't Want to Go to Kindergarten...I'll Miss You Toooo Much!*