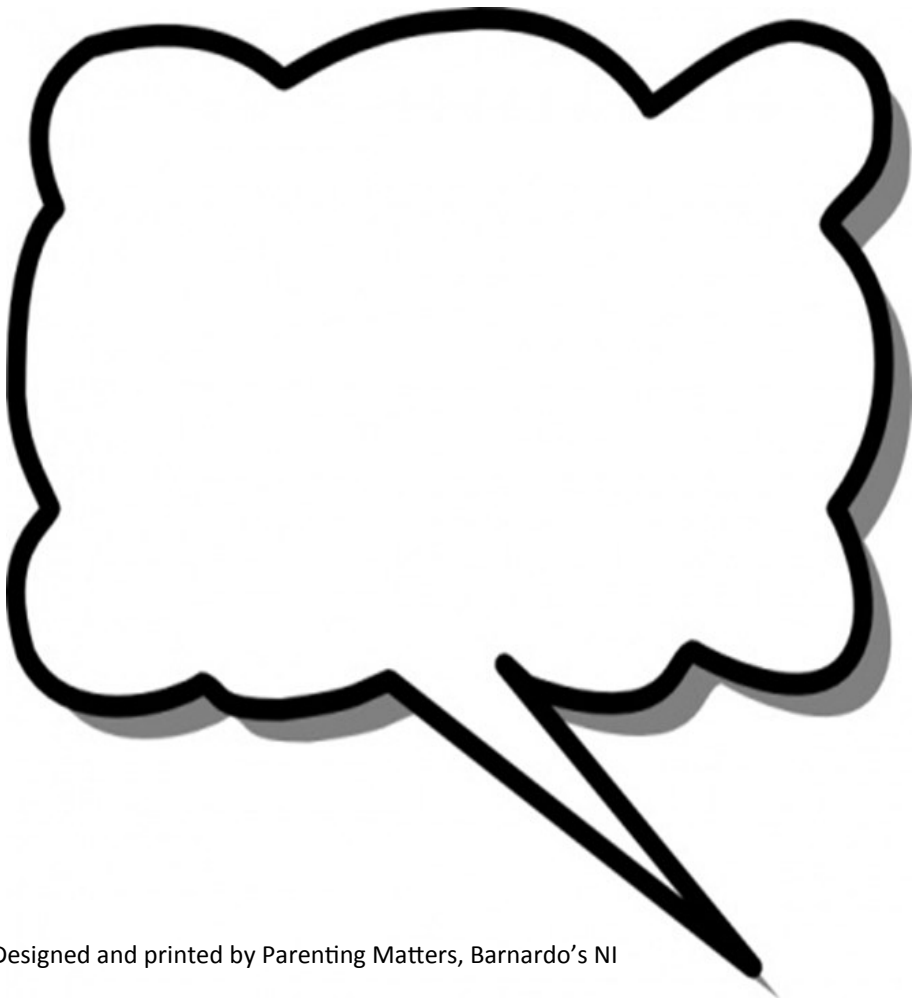


What words come to  
your mind when you  
think of me?



# My Book with

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Believe in  
children

 **Barnardo's**  
Northern Ireland

## When you were a Baby...

What is your birthday?

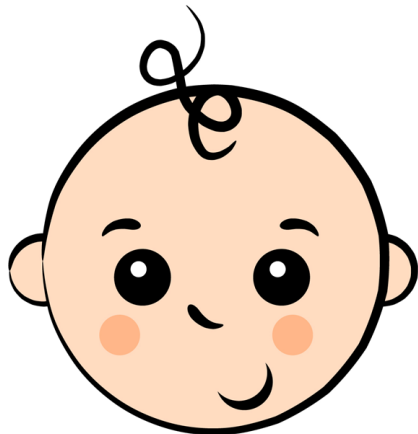
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Where were you born?

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Were you a big or small baby?

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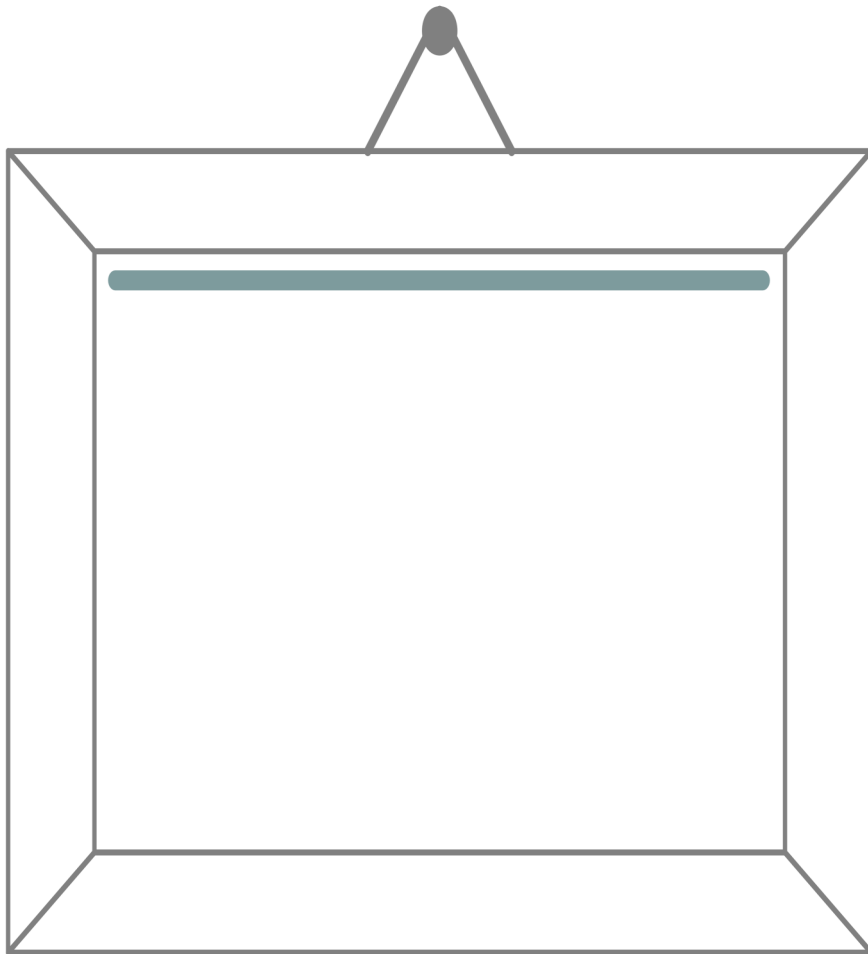


If you were going travelling tomorrow, and you could only take 5 things– what 5 things would you bring?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

If you compared yourself to an animal– what animal would you be?

Draw it below:



## When you were a little older...

Did you have a favourite toy?

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Did you save or keep any of your things from when you were a child?

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Were you scared of anything when you were younger? E.g. animals

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# Family

When and where were your parents born?

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Do you know their full names?

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How many brothers and sisters do you have?

---

---

What are their names?

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What did your parents do for a job?

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What things make you laugh?

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Are there things that make you feel sad?

---

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What do you want to do in the future?

---

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What kind of family were you?

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What kind of house did you live in when you were younger?

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What nice memories do you have of that house?

---

---

How often did you move?

---

What did your bedroom look like?

---

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---

Can you write five things that make you happy?

1. 

---
2. 

---
3. 

---
4. 

---
5. 

---

Circle your favourite.

Summer or Winter

Snow or Sand

Talking or Silence

Ice Cream or Chocolate

TV or Music

Did you have any pets?

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What was your favourite food when you were younger?

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What food did you not like to eat?

---

What did you watch on television?

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Have you changed since you have become a parent?

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What do you like most about being a parent?

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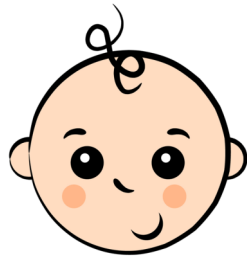
What do you not like?

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What was my name going to be if I had been born the opposite sex?

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Does my name have a special meaning?

---

Were you there when I was born?

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---

Can you write a nice memory of me as a baby?

---

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What did you do to celebrate your birthday?

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What holidays did you used to celebrate?

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What can you remember from primary school?

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---

Were you a good student?

---

Were you ever punished at school?

---

---

Who were your best friends at school?

---

---

Did you play any sports?

---

---



How did you and mummy/daddy meet?

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---

What was your first date together?

---

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---

How long were you together before you became pregnant?

---

Did you know if I was going to be a boy or a girl?

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Who was your first love?

---

How old were you?

---

How long was your first, proper relationship?

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Who was your first kiss?

---

Do you remember what you wanted to be when you grew up?

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# When you were a Teenager?

What secondary school did you go to?

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Did you like school? Why/why not?

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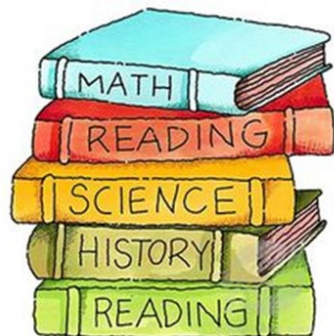
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What subjects did you like best in secondary school?

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What were you like when you were a teenager?

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Were you a fan of anyone or anything when you were a teenager? E.g. sports teams, celebrities?

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What was your favourite movie?

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What music did you listen to?

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