Many families have memorabilia of various kinds that usually go unappreciated. So how about having a family memory night where these priceless treasures can be truly enjoyed?

♦ If your family has a lot of home movies or videos, this may be enough to fill the schedule for the evening; if you have mostly pictures, this may take a little more planning or creative thinking to make it work.

♦ **Home Movies or Videos:** Prepare all the necessary equipment ahead of time (e.g., movie projector or video cassette recorder with appropriate adaptors and/or connectors, video tapes, etc.).

♦ Treat it like a movie night by cooking popcorn for everyone and having other special treats such as cookies, candy, etc. then **ENJOY THE SHOW!!**

♦ **Pictures:** One possibility would be to have the whole family help in creating a family scrapbook (this would help the person whoever normally does it).

♦ Each family member could create a section of the scrapbook based on a certain family activity (e.g., family vacation) or time period (e.g., January through March).

♦ Be creative with the possibilities of enjoying these things together!

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**How will this activity promote the parent-teen relationship?**

The memory of fun times in the past can spark happy emotions which may not have been felt for a while.

Viewing a parent’s love and care for them during their earliest years of life may remind a teen of the parents’ love for them in the present and give them a new perspective on their relationship today.

Enjoying these memories together may help develop a bond or strengthen the one already there.

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**A point to consider . . .**

If your family has not been collecting memories through the years, you can start now. It’s as simple as getting a cheap camera, taking lots of pictures, and make plans for a family memory night!