

Talk with the parents about what you were like as a baby, what you could and couldn't do and the care and attention you needed. If you can interview (safely - by phone or video if you need) a grandparent about their daily life, asking questions about how things have changed in their lifetime. Ask a teenage brother or sister what they can do now that they couldn't do when they were younger, and what they look forward to in the future. You can use audio or video technology to record their interviews, or you could write them down.