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# Kidtelligence



## THE CORE OF CORE MEMORIES

A recent TikTok trend has opened the door to a conversation amongst parents about creating lasting positive memories for kids.

The Core Memory TikTok posts are based on the 2015 Pixar movie *Inside Out*, where we meet Joy, Anger, Fear, Disgust and Sadness, the personified emotions of 11-year-old Riley, as they help her rediscover the core memories of her life. In this new trend, we see people sharing their most important core memories through old videos, storytelling, music, audio effects, visual filters and photos.

The posts have received millions of views on TikTok and with the movie's continued resonance, are leading parents to take a more active role in "creating" core memories for their kids.

"Our personal memories define who we are. They bond us together," says Robyn Fivush, a psychology professor at Emory University in Atlanta, and an author of dozens of studies on the topic. Children whose parents encourage reminiscing and storytelling about daily events show better coping and problem-solving skills by their preteens, and fewer symptoms of depression, research shows. (Sue Shellenbarger, *Wall Street Journal*)

"Childhood memory experts are beginning to think that parents talking a lot about the past plays a big role in the number of memories kids form and how early they form them." (Chase Scheinbaum, *Fatherly*)

**"Children start remembering nonverbally from early in infancy," says Rachel Barr, a psychology professor and the director of the Georgetown Early Learning Project. "Over the first two years of their life, their memories last for longer and they are more complex and more flexible. That is, as babies learn more about the world, they can integrate that knowledge with new information and expand what they know."**

- Cheryl Lock, *The Washington Post*,  
Science-backed Ways To Create Lasting Memories For Your Child

According to research there are a few key ways parents can help ensure positive moments become lasting memories.

- The most important is to tell stories. Help kids relive happy moments by talking about them often.
- Souvenirs and photos help create a tactile link to a positive experience that can reinforce good memories.
- Have kids capture the moment after the fact by drawing a picture or writing a story. This helps kids focus on what they remember versus what you tell them happened.

And don't just focus on the happy memories.

"Memory is like a muscle, and the more it is used, the stronger it becomes. If the family recently went on an outing, talk to your child about that in the days and weeks that follow. However, it is also wise to talk to our children about the struggles and negative things that happen in their lives. It can be normal to only want them to remember the good things, but they need to be able to learn how to manage and navigate the fact that hard times happen in their life, and they need to remember how they got through it. A balance is needed when shaping a child's memory." (Ashley Wehrli, *Moms.com*)

The memories kids make in the present will have a lasting impact on guiding their future.