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A FREE BIRTHDAY TRADITION

Six questions to ask your kids every birthday

Same questions, every year. Write down exactly what they say, silly bits included. Keep every year's sheet together and read them back at 18. It turns into a little biography, in their own words.

1 What's your favourite food right now?

2 Who's your best friend?

3 What do you want to be when you grow up?

4 What are you scared of?

5 What are you best at?

6 What's the best thing about me?

When to ask

Birthday breakfast, the bath or bedtime. Somewhere calm, not in the middle of the party.

Record it too

A 30-second voice note of them answering is worth more than the sheet. Their voice changes faster than their answers.

Word for word

Don't tidy up their answers. The odd words and spellings are the bit you'll want later.

Missed a year?

Start now. One sheet is still one more than none. Print a fresh copy of page 2 each birthday.

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Birthday questions

NAME _____ AGE _____ DATE _____

1 What's your favourite food right now?

2 Who's your best friend?

3 What do you want to be when you grow up?

4 What are you scared of?

5 What are you best at?

6 What's the best thing about me?

ANYTHING ELSE THEY SAID