10 easy conversation starters for a parent who says there is nothing to tell

Small, specific questions with an easy answer. None of them asks about a whole life, which is why they work.

Ask about one thing. If the answer is short, ask about a person in it.

No. 01 What did children carry in their pockets when you were small?

No. 02 Who came to the door every week when you were small?

No. 03 What was the best thing on the menu at the café or chip shop you went to?

No. 04 Which aunt or uncle was everyone a bit wary of?

No. 05 Where did you go when you went into town, and how did you get there?

No. 06 What was on the walls of your bedroom?

No. 07 Which family recipe has never been written down, and who makes it best?

No. 08 What did your gran or grandad always say? A saying, or a word nobody uses now.

No. 09 Which shop in town would you go back to if it was still open?

No. 10 What was the worst job you had to do at home as a child?

Rather someone else asked? Amanda records the conversations and writes them into a life story the family keeps. captureandkeep.co.uk/life-story/

Capture Cards, coming soon: a boxed set of 36 conversation cards for the family table, none of them on this sheet. captureandkeep.co.uk/capture-cards/

This sheet comes from captureandkeep.co.uk/questions/when-they-say-theres-nothing-to-tell/, with more on how to ask.