

Questions to Ask Your Parents or Grandparents

Ever wonder what questions to ask your parents or grandparents?



Free printable book of memory-evoking questions

We have years of experience doing oral history interviews and writing family history, so this article shares our best tips, questions and printables for your family story. If you have not interviewed your parents or grandparents, do it. Set a date. Sit down as a gift for Mother's Day, Father's Day, a birthday or Christmas. Or just do it because. Give them a digital recorder (the [Olympus WS-852](#) is my all-time personal favorite) or get a [free voice recorder app](#). Are you on a budget? At the bottom of this article we're sharing a free printable book of memory-evoking questions that you can put

together at home. It makes a thoughtful gift combined with the interview.

As a side-note: interviewing a loved-one appeals to the [love languages](#): acts of service, words, gifts and quality time.

Our very best advice is just to do it. Even one oral history interview is more than most people ever leave behind. If you do it now, it will be enough. Someday you will cherish the audio.

On a personal level, I am forever grateful I took the chance to record my dad's voice while he was still here, and also for the gift of writing my parents' life story. My mom and I collaborated to write her memoir, [Every Essential Element](#), and now I have a daughter who will know her grandpa through those interviews.



My all-time favorite digital voice recorder – the Olympus WS-852 with built-in USB connection. [Click to get it on Amazon.](#)

7 reasons you should ask your parents about their lives:

1. Stories are the only way we will be remembered. ([Related article: The Power of Story](#))
2. Learning your parents' story will help you see them as heroes in an epic story, rather than just "the mom" or "the dad."
3. [Stories convey values to future generations](#). This is how we teach without being preachy.
4. Stories bind families together. (Related article: [Getting it right: Five ways Bruce Feiler taught me how to be a better parent](#))
5. [Children who know their stories are more resilient](#).
6. Listening to someone honors them.
7. Hearing stories is fun!

Make a life story book for your parent or grandparent with free printable:

<https://youtu.be/g-xUvVGWw9k>

We've puzzled over how to encourage more people tell their story, so we created a free downloadable book. Print it from home and give it as a lovely gift or for yourself.

Printable Question Book



Free download makes a great gift for parents or grandparents.

First Name

Email Address

We use this field to detect spam bots. If you fill this in, you will be marked as a spammer.

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Easy steps to ask Mom or Dad about their life:

1. Download the PDF book of questions and print it from home. It looks nice on cardstock.
2. Insert the printouts into a 3-ring binder. Dividers tabs will make it look polished.
3. Interview your loved one and record the audio! If you need some help, get our [free oral history tutorial \(click here\)](#).
4. Insert answers and write-ups into the binder to keep everything together.

What you need to interview your parents:

1. [Digital Recorder](#) or [free app](#) + 2. [Questions](#) + 3. [Our free Oral History Tutorial](#)

Interview a Veteran:

If someone in your life is a Veteran, check out this [article about the Library of Congress Veteran History Project](#). [Click here](#) for the article and related questions to ask a Veteran.

Record Stories at Family Reunions:

[Here is another quick article](#) we wrote related to recording family stories for Memorial Day, but the same principles apply for any holiday or family gathering. [Click here for quick tips on how to record family stories](#) on Memorial Day and other holidays

[Click here to get our free interviewing tutorial:](#)



Get our interviewing tutorial – printable PDF



Rhonda Lauritzen

By Rhonda Lauritzen, founder and an author at Evalogue.Life, where we tell personal and family stories that inspire. (Let us help you tell yours!) Rhonda lives to hear and tell about people's lives, especially the uncanny moments. She and her husband Milan restored an old Victorian in Ogden and work together in Evalogue.Life, weaving family and business together.