

A Memoir is the Ultimate Gift for Dad



Tabitha Rose

Jul 4 · 5 min read



We are living through unprecedented times. There is great upheaval in the world with a common thread: we all want to be loved and accepted for who we are.

It's a time where it can feel like we are all in this together and yet we can feel isolated. We are navigating the new normal and being forced to rethink how to spend time with those we care about.

By now, zoom calls have lost their novelty and I find myself beginning to miss those deeper human connections. Most of us are wishing for more togetherness with our loved ones.

I challenge you to consider a different kind of gift for the father figures in your life. Skip the watch, the tie, or the sock subscription and consider gifting your dad a memoir.

The importance of storytelling

Storytelling is an important part of family life. I have many fond memories of sitting around the dinner table, listening to my relatives recount the tales of their favorite adventures over a meal. The other kids would run off to play but I felt my place was to

remain at the table when the meal was over because that was when the coffee – and stories – would pour out.

Sharing our lives with others brings us closer together. It allows us to see our lives mirrored in others and can empower us to believe in ourselves. I was always close to my grandmother, but it was when I began writing her life story that I started to fall in love with parts of myself similar to hers, and began to believe in a different sort of life for myself.

I've also had the privilege of seeing how telling your story is a transformative experience. As a memoir ghostwriter, I see how telling their life story to someone can help my clients see themselves as a hero in their own life.

I've realized that every life story is one worth telling and it's my purpose to help us put them to paper. This year, spend some time learning your dad's story and let him know it's a tale worth sharing. I promise it'll be a rewarding experience for both of you!

How to get started

Whether you hope to write your dad's memoir, hire a ghostwriter or just spend some time getting to know your dad, these are my top tips for capturing the details.

1. Prepare some questions.

Before you sit down with your dad, take some time to reflect on what you'd like to talk about. What questions have you always wanted to ask your father about but have never had the chance? Are there some stories you'd like to learn more about? Bring a list of questions and prompts to help guide your conversation.

2. Plan for some long, uninterrupted time.

You'll need some dedicated one-on-one time with your dad to capture his story. Don't expect to finish it all in one sitting. Instead, plan for several conversations. You can meet in person – at a safe distance – speak over the phone or connect on a video call. Also ensure you'll have the chance to talk somewhere private so you'll both feel more comfortable opening up.

If you opt to speak over the phone, consider using a headset or speakerphone for hands-free conversation. It also means you'll have your hands free for the important task of note taking.

3. Take notes!

Conversations like this can be emotionally charged so taking notes is essential. You may get so wrapped up in the moment that important details of a story get lost. Take notes as you go along to help keep yourself organized later on. Focus less on retelling the story in your notes and try instead to write down things that stir you like powerful quotes or important feelings. You will begin to see themes emerge such as: The Early Years, Turning Points, My Life's Work, and Spirituality.

4. Be sure to record your sessions.

To really do his story justice, you may want to consider recording your sessions. Having a word for word reference of the things you discuss is a great way to fact check your own writing and transcribing these notes can be the first step in writing your dad's memoir. In my own experience, I treasure the recordings I've made of my grandmother as a way to hear her story in her own words. There's something special about hearing her voice as she digs into the recesses of her mind and comes to genuine realizations about her life.

5. Plan a trip together.

A trip with your dad. is a great way to accomplish a few goals at once. It can offer you a chance to spend some quality time with your dad, plus it can allow you to visualize the places where the stories took place. Go on a drive and see the house your dad grew up in or take a walk around the school he attended. Standing in the same spot where these memories took place can help bring them to life for you and your dad.

BONUS: Hire a ghostwriter.

After you've put in the time to getting to know your dad and his story, why not turn that into a legacy memoir that can be passed down for generations? Hire a ghostwriter with experience in writing memoirs. Your notes and recordings will be a great start, but an experienced writer will be able to draw different stories and perspectives out from your

father. Plus, they will have a way with words that ensures your dad's story is told in a timeless way.

The gift for the man who has everything.

Putting your dad's life to paper is more than gift: it's a treasure that can be passed down for generations.

This year, gift your dad a life-changing experience. Let him know his story is important by giving him the opportunity to have his legacy memoir written.

Tabitha Rose is the Founder and Editor-in-Chief at Life to Paper Publishing. Tabitha has experience in all facets of writing from memoirs, biographies, to life stories and everything in between. She has written and published several books over the past 5+ years.

[Gifts Ideas](#)[Dads](#)[Memoir](#)[Memoirs And Histories](#)[Life Stories](#)[About](#) [Help](#) [Legal](#)

Get the Medium app

