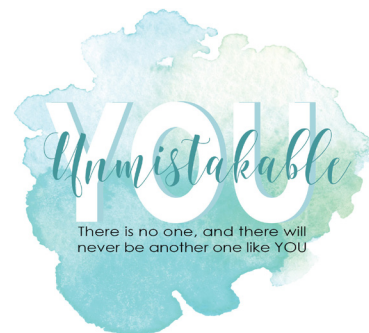


13. Then and Now

That was **THEN** and this is **NOW**



And in the blink of an eye that time has past us by.

A “then and now” page is a great way to show change in ... well, almost anything over a period of time. Even if the pictures doesn't bear much resemblance to now, it will show the contrast of the past to the present.

Any passage of time is fine for this page prompt to work. Years don't have to have gone by to record this. It could be as simple as your first and last day of a school year, start and end of a sport season, or even the start of a new you, by showing how you looked before and after a diet or fitness goal.

There are so many different ways to approach this page and make it your own. Just think of something you would like to compare and if you are really struggling to choose just one you can always do more and spread them throughout your album.

Why not take your thoughts back a little further and compare a picture with a childhood friend that you are still friends with today, or an early photo of yourself with your husband or partner to one of you together today. Even compare a family photo to one now with your children grown up.

This is also a great page to show your children how you yourself have changed over the years. e.g this was me THEN @15 and NOW at 50.

For my page I decided to reconstruct one of my husband's favourite photos from Fathers Day over 10 years ago. Looking back now, it still brings a smile to my face. My hubby was playing on the trampoline with our daughters - much smaller than they are now - so when reconstructing it on Fathers Day this year it was a matter of how we get them all in the same positions without breaking the trampoline - we had as many laughs this time around as that original moment - and another memory was banked that day.

Embrace your photos, regardless of their quality, and the story. It's the connection that matters and all you need to make clear is what is being compared.

