



Life Book

A **Life Book** must be started for every child who remains in out-of-home care for more than six months. (Children's Services Manual 2.5) The Life book's intent is to provide a permanent history for a child by recording as many significant events in the child's life as possible. It can enhance the child's identity by providing an informal record about the child's birth, development, placement, and a history of other significant events. This visual history is a wonderful way for the child to remember their time with you. (Film developing, binder and associated costs may be billed back to Ministry as determined by joint case planning between the caseworker and the foster parents.)

The Life Book may be used to:

- Help a child resolve questions about his past and separation issues.
- Provide an opportunity for the child to discuss his feelings about the recorded information.
- Provide the child with something that is his own.
- Prepare the child for a move to a foster or adoption home.
- Where an infant is in a foster home prior to **adoption placement**, the foster parent records information such as: birth and medical information, pictures, milestones, and daily routine in a "baby book". Written history information provided to the adoptive parents will be used to interpret the past to their child; therefore, identifying information should not be included.

The Life Book is the property of the child and should accompany the child whenever he/she moves. The child should decide whether he/she will share his/her book, with whom he/she will share his/her book, and when he/she will share his/her book.

For some examples to use in the Life Book, please refer to the CSM 2.5.2, or check out this website for some creative ideas,

<http://www.fosterclub.org/funstuff/lifebooks.cfm>.