



Life Books

A Life Book is intended to provide a permanent history for a child by recording as many significant events in the child's life as possible in order to prevent gaps due to removal from home or placement changes.



THE LIFE BOOK MAY BE USED TO:

- help a child resolve questions about their past and separation issues.
- provide an opportunity for the child to discuss their feelings about the recorded information.
- provide the child with something that is their own; and
- prepare the child for a move to a foster or adoption home



INFORMATION TO BE INCLUDED:

- History of the child's developmental milestones
- Descriptive infancy/toddler growing experiences
- Growth and weight chart
- Education (report cards, awards, certificates, artwork, outings)
- Cultural Activities
- Recreation (team pictures, awards)
- Religious/Spiritual activities
- Family Contact (list who, when, where, what)
- Family Background (genogram/family tree)
- Pictures (family, friends, pets, caregivers, teachers, holidays)
- Anything else the child feels is important.

The Life Book is the property of the child and should accompany the child whenever they move. The child should decide whether they will share their book, and with whom they will share their book, and when they will share their book.

The SFFA has a library of templates to be utilize for children's life books, and these have been included in this tool kit. You are able to print pages of your own or request printed pages through the SFFA Advocate. To request pages please preview the master copy and make note of the number associated with each page and contact the Advocate at 306-975-1591.