

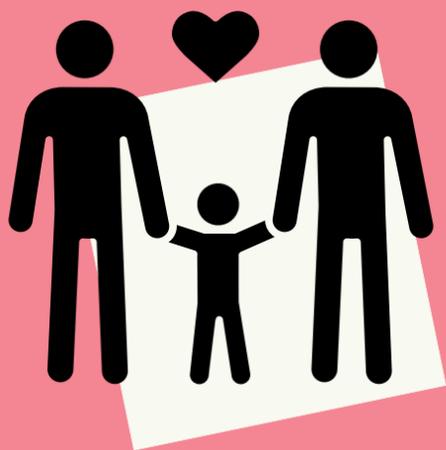
What is a Lifebook?

A lifebook is a physical representation of a child's story, documenting important moments in their life. Similar to a scrapbook, a lifebook can be filled with photos and memories of a child's upbringing, milestones, their favorite things, future aspirations, and all the people who love them.



The Benefits For Kids in Foster Care

A lifebook is especially helpful for a child in foster care during the **process of reunification or adoption**. As they are leaving their foster home, this tool aids them in "owning their story" and having a concrete reminder of all the people who have played a part helping them to thrive. It allows them to express themselves creatively and can build their self-esteem.



The Benefits For Foster Parents

Creating a lifebook with your foster child can help you get to know them better and build a relationship. It can also leave the child with a reminder of their time spent in your home long after they have left your home. It is also a place to keep track of all the important people, dates, and accomplishments during their stay.



The Benefits For Biological Caregivers

When a child is reunified with their biological caregivers, a lifebook can offer them comfort as they see photos, drawings, and other mementos detailing moments they may have missed in that child's life while they were separated.

How To Make One

1. Grab a binder and print out lifebook page templates already available online (see below), or purchase a scrapbook at a craft store.
2. Collect photos, drawings, important documents, ticket stubs, certificates, and any other mementos of your child routinely to add to their lifebook together.
3. Encourage your foster child to make it their own by writing their own captions on the pages and using their favorite colors and craft materials when decorating the cover and blank areas on each page.

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