

## Life Book Ideas

What is a life book? A pictorial and written representation of the child's life designed to help the child make sense of his unique background and history. The life book includes birthparents, other relatives, birthplace and date, etc and can be put together by social workers, foster and/or adoptive parents working with the child.

As you begin the life book for your child here are some ideas of things to include in the life book.

1. New Birth Certificate
2. Poems
3. Pictures and information about Country of Origin
4. Airline Tickets
5. Information about family of origin in a way that does not harm the child emotionally
6. Orphanage photos/ Foster care photos
7. Pictures with friends in the Orphanage and director & staff
8. First arrived from country of origin
9. Favorite stories about the adopted family
10. Welcome home letters
11. Family Tree Information
12. Letters from grandparents
13. Pictures with Grandparents
14. Pictures with extended family
15. Birthday parties
16. Best Friend Pictures
17. Family vacation pictures & souvenirs
18. Holiday pictures (4<sup>th</sup> of July, Valentines, Thanksgiving, Christmas, etc.)
19. Picture doing favorite activities (soccer, riding, dancing, etc)
20. First day of school
21. Church activities
22. Favorite foods/ restaurant
23. Pictures at home/ in room
24. Pictures with pets

## Life Book Ideas Format

1. Birth Certificate
2. Airline Tickets
3. Orphanage photos
4. First arrived from country of origin
5. Best Friend Pictures
6. Family vacation pictures
7. Holiday pictures
8. Picture doing favorite activities
9. My journey home

Page 1

<p style="text-align: center;">Photo Here Of Child</p> <p style="text-align: center;">The Book About _____</p>	<p style="text-align: center;">2x3 Photos</p> <p style="text-align: center;">2x3 Photos</p> <p style="text-align: center;"><i>FOSTER HOME</i> Me in (country of origin)</p>
------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

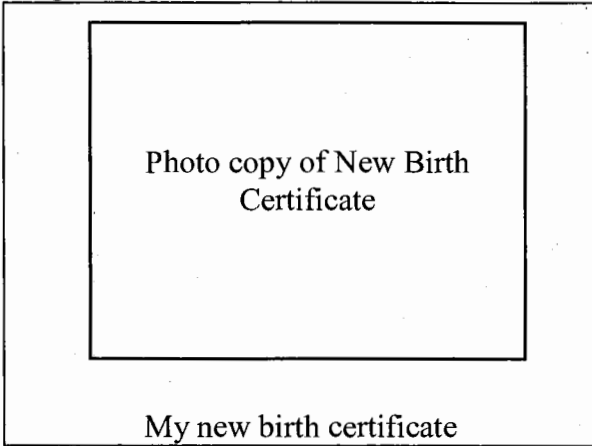
Page 2

Page 3

<p style="text-align: center;">Envelope for Plane tickets</p> <p>We flew on _____ airlines to get home.</p>	<p style="text-align: center;">4x6 Photo</p> <p>Me and parents meeting in (county of origin).</p>
-------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------

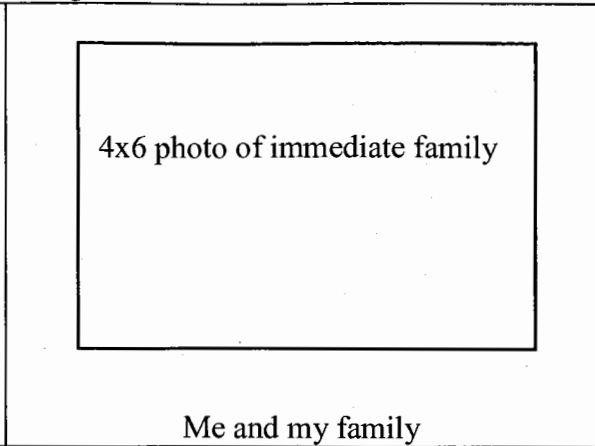
Page 4

Page 5



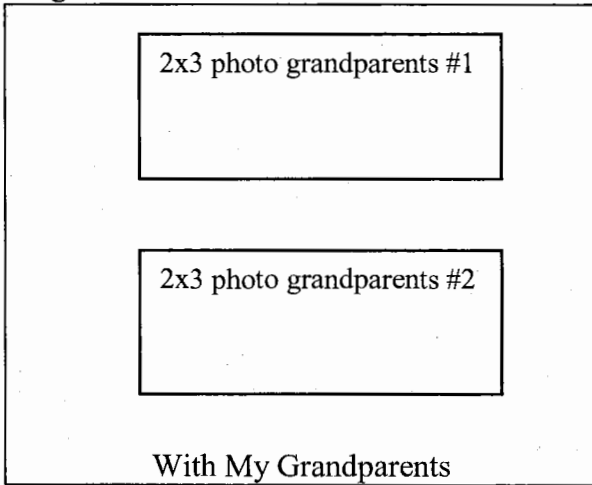
My new birth certificate

Page 6



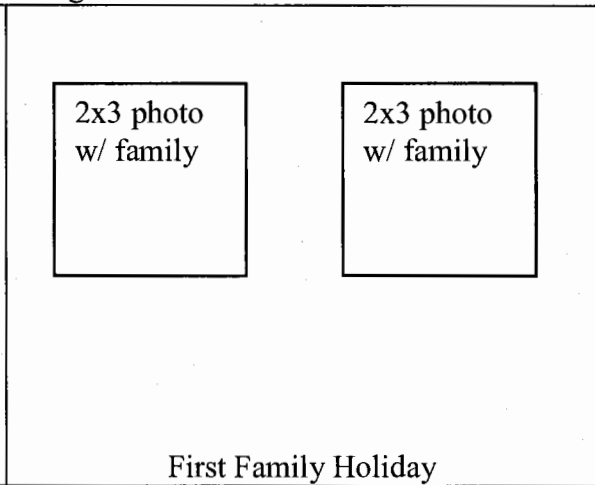
Me and my family

Page 7



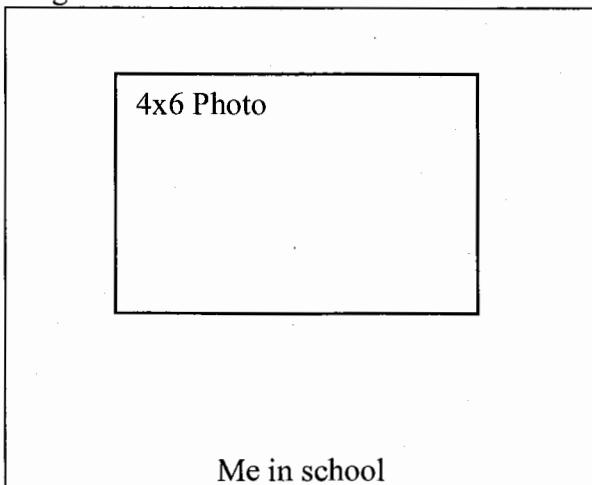
With My Grandparents

Page 8



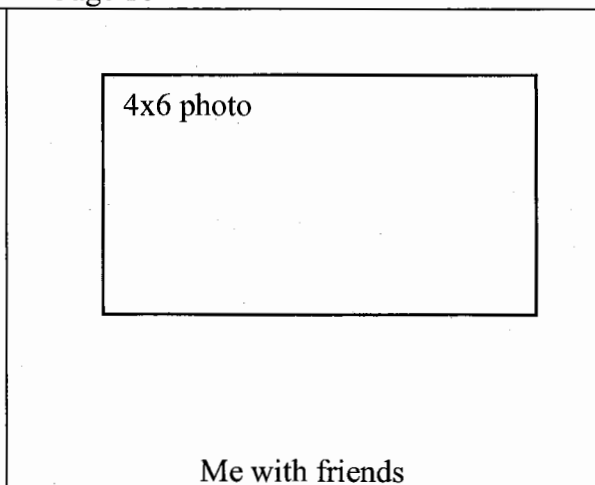
First Family Holiday

Page 9



Me in school

Page 10



Me with friends

Page 11

2x3 photo	2x3 photo
First Family Vacation	

Page 12

Envelope for souvenir
First Family Vacation

Page 13

4x6 photo
Doing my favorite activity

Page 14

2x3 photo	2x3 photo
Just hanging out	

Page 15

--

page 16

--

Page 17

--

Page 18

--