



LIFEBOOKS

What do I need for a Lifebook

TO START:

1. 1 in 3 ring binder
2. 40 Sheet projectors
3. 1 Thumb Drive
4. Pencils and a pencil pouch
5. Glue stick or tape
6. Printer and paper for Lifebook pages
7. Creative brain!

WHAT IS A LIFEBOOK?

Lifebooks are created to help children tell their stories. It is a tool used in adoption and fostering care; it allows the child to confirm their existence visually. It provides the opportunity for communication, which helps to build trust, connection, and attachment. It is also an excellent opportunity for a child to express grief and loss. Creating a Lifebook can be therapeutic. It encourages a child to understand their chronological story and address grief and loss, separation from family, unique cultural issues, and emotions.

