

A Family For Every Child
Matching Assistance



*"We should not be asking who this child belongs to,
but who belongs to this child."*

LifeBook Links

A LifeBook is a scrapbook that outlines a child's story, starting with their birth, information on their birth family, and how they became part of your family. The following are resources you may use to aid you in creating a LifeBook for your child. Click on the links to view the pages:

[Adoption LifeBooks: Do's and Don'ts](#) by Beth O'Malley- Beth O'Malley outlines what a LifeBook is, and what goes into a LifeBook.

[WI Adopt- LifeBooks: A Creative and Fun Way to Express Yourself](#)- Tip sheet on what to include in a LifeBook with links to LifeBook resources.

[IFAPA LifeBook Pages](#)- Free, downloadable LifeBook pages from the Iowa Foster and Adoptive Parents Association.

[Adoptive Families: Scrapbook Tips for Adoptive Families](#)- Articles, resources, and tutorials on creating a LifeBook.

[Adoption LifeBooks](#)- Beth O'Malley's site includes articles and tips for creating LifeBooks, links to other helpful websites, a schedule of LifeBook conferences around the country, and more.

[A Teen Foster Adoption LifeBook: For When I'm Famous](#) by Beth O'Malley-This fill-in-the-blank LifeBook is geared towards older children (10-18+ years). The book allows young adults to fill in their life story, while expressing their feelings and goals for the future.

[Day of Birth](#)-Find fun and interesting facts about the day your child was born.

[dMarie Time Capsule](#)-Find out what historical moments happened on the day your child was born.