

A Family For Every Child Matching Assistance



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

Creating a Life Book

A Life Book is a scrapbook filled with photos, events and memories that make up a child's past, present and future. It allows you to get to know your child better and build a relationship with him/her. Creating a Life Book with your child is a great bonding activity!



What Goes Into a Life Book?

A Life Book maps out your child's life, from the day they were born to the day they joined your family. It documents important milestones and relationships in their life, and allows them to make sense of their past so they can move forward into the future. A Life Book contains information and/or photos of significant relationships, places the child lived, and favorite memories. Other things you can include in your child's Life Book are:

- Birth certificate
- Letters from birth parents, foster parents, relatives, or the child's social worker
- Information on the child's birth parents (pictures, descriptions, etc.)
- Information on siblings (if separated)
- Adoption Day memories
- Vacations
- Favorite traditions
- Important milestones (first lost tooth, first day of school, etc.)
- Dreams/goals for the future

Ask a child's foster parents, relatives or social worker for pictures and information to create a Life Book. Keep in mind that there may be some parts of your child's life that you don't have information on, or that you may be missing photos of important people/events. Other sections may not be appropriate to include in a child's Life Book, depending on their history. While this may be difficult for you and your child, focus on the information you do have and what your child's future looks like now that they are in your home.



Creating a Life Book

Work on your child's Life Book with your child. Talk to them about each life event you include, and brainstorm what you think your child will be doing in a year, five years, or ten years.

You don't need extraordinary technology or computer software to create a Life Book. You can create one in PowerPoint and save it as PDF for easy printing. You can print a child's Life Book at any location that prints photo books, like Walgreens, CVS, Rite Aid, Walmart, Costco, etc.

You can also use online photo book websites, like Shutterfly, Snapfish, or Photobin. Check Living Social, Groupon or Amazon for deals.

Or, you can go to a craft store and pick out scrapbook pages with your child. The Iowa Foster and Adoptive Parents Association also has Life Book pages you can download and print for free. See below for more information.

Finally, A Family for Every Child has a Life Book program with volunteers who will create a Life Book for you! See below for more information.



Additional Information & Resources

A Family for Every Child - [Life Book Request Form](#)

Fill out the form to request a Life Book volunteer create a Life Book for you and your child. You provide the photos, and pay for shipping and handling fees if you live outside of Oregon.

Before You Were Mine: Discovering Your Adopted Child's Lifestory by Susan TeBos and Carissa Woodwyk. Purchase the book [here](#).

Parents are given information on how to talk to their child about their life story; capture feelings, memories and facts; and how to handle missing information.

Iowa Foster and Adoptive Parents Association - [IFAPA Life Book Pages](#)

Download and print free Life Book pages from the IFAPA website.

