



FACT SHEET LIFE BOOKS

What is a Life Book?

A Life Book is an informal record of the people and events in the child's life while they are in care. Life Books give children a sense of personal history and continuity.

Who is required to have a Life Book?

Every child who is likely to remain in care for more than six months has a Life Book. It is jointly maintained by the child's social worker, the child, and the caregiver/s. The foster parent will usually look after the book. When a child leaves care, the Life Book is given to him/her.

Consider keeping a photo album or scrapbook for mementos and activities for children in respite care or in your home briefly to commemorate their time with you. If children stay in care longer than expected, you will have a good start on their Life Book and their story will have continuity.

What goes into a Life Book?

These are some items that might be included in a child or youth's Life Book:

- Pictures of the child, including dates
- Pictures and mementos from/with biological family
- Pictures and names of foster family, friends, and pets
- Report cards, school products or projects
- Certificates of achievement, awards, badges, and ribbons
- Letters from friends and relatives
- Souvenirs from trips, concerts, and sporting events
- Stories, letters, and drawings by the child

What next?

FPSS Society provides Life Book workshops in many areas and has templates available. To find out about this training, or to get some suggestions, examples, or hands on help, contact your local coordinator.

If you have a completed Life Book, FPSS Society can help you create a digital copy to have on hand in case the original is damaged or lost.

(Toll free) 1-888-922-8437 or admin@fpsss.com

Regional office 145-735 Goldstream Avenue, Victoria BC V9B 2X4 / 778-430-5459 / Fax 778-430-5463

South Island Coordinator 778-430-5459 | Port Alberni 250-735-1124

Cowichan Valley Coordinator 250-818-3293

Nanaimo Coordinator 250-713-4959 | Comox Valley Coordinator 250-898-4488

Campbell River Coordinator 250-204-1566 | Port Hardy Coordinator 250-949-7397