



**Brighter
Futures for
Children**

Life Books

Information for adopters

This leaflet explains the importance of your child's Life Book, and the information we need from you to create a good quality Life Book for your adopted child.

**Brighter Futures for Children
Adoption & Permanence
Leaflet 1
V1.0**



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What is a Life Book?

Your child's Life Book should:

- ★ help your child to understand their birth family identity and their journey through care up to the point of their adoption
- ★ support your child to develop a sense of security and permanency within your family
- ★ provide an account of your child's significant life events up to the point of their adoption
- ★ support your child to build a sense of self-identity, and positive self-esteem.

What is the process for completing a Life Book?

- ★ We will gather information from your child's birth parent(s) and/or family, foster carers and others (all as applicable)
- ★ You will also be contacted by our social work assistant in adoption and permanence, who will arrange to meet with you
- ★ Our social work assistant will maintain regular contact with you via telephone and email, to support the completion of your child's Life Book
- ★ Once a first draft of your child's life book is completed, you will receive a copy of it to check and review
- ★ You will receive a final version of the Life Book as a hard copy. We aim to provide this to you within 10 working days of your child's Adoption Order being granted, or the Adoption Celebration Hearing (if one takes place). You will also receive a digital version.

What information do we need from you for your child's Life Book?

- ★ A front cover photograph of your child

- ★ A description in your own words, of your child's personality and interests, and details of their favourite toys, activities and/or hobbies
- ★ Photographs of your family home (a picture of the front of your house or flat and of the garden (if applicable), your child's bedroom, and other rooms such as your sitting room)
- ★ Photographs of any family pets
- ★ Information about your child's nursery/school, as well as a description of how your child settled in on their first day and relevant photographs (if applicable)
- ★ Photographs of child's time while in current foster care (if applicable)
- ★ A quote from you about how you felt when you first heard about your child
- ★ A description of when and where you met your child for the first time
- ★ Photographs taken during the period of introductions between you and your child (ideally including photographs of you and your child taken with your child's previous carer(s))
- ★ Photographs of your child with your wider family members (such as photographs taken during family visits, day trips, holidays, family celebrations and/or religious festivals)
- ★ If your child has birth sibling(s) who are adopted into another family, pictures of you and your child with this/these child(ren) and their adoptive parent(s) (if applicable)
- ★ Photographs taken on your child's Adoption Day and/or Adoption Celebration Day.



It is important that we receive this information from you in a secure way, which could include:

- ★ Via **WhatsApp** – the easiest and quickest way to share photographs confidentially
- ★ **Encrypted emails**, which can be set up by our social work assistant
- ★ Other sharing methods, including **Dropbox** or **WeTransfer**.

Any questions?

If you have any questions, please contact our Social Work Assistant, Adoption and Permanence, Anna Jackman, at:

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M: 07929 716374

Email: anna.jackman@brighterfuturesforchildren.org

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