



My Life...My Story

TFI Lifebook

Place a photo of yourself here

I am _____.

My life book belongs to me, and should remain with me.

All about my Dad...

My Dad's name is _____

He was born on _____

He was born in _____, _____

His parents are _____ and

He went to school at _____

His hobbies are _____

How he met my Mom _____

A Picture of my DAD

All about my MOM...

My Mom's name is _____

She was born on _____

She was born in _____, _____

Her parents are _____ and

She went to school at _____

Her hobbies are _____

How she met my Dad _____

A Picture of my MOM

My Birth Parents: This page is to provide the youth information about his birth parents. Have the youth write about his birth parents and what he remembers about being with them. The worker may wish to help him by sharing facts about the youth's parents such as age, birthplace, physical description, or occupation. Information about the birth parents' personality, interests, and hobbies may also be added. Youth many times enjoy knowing where their parents grew up, what their parents' childhood was like, and how they met one another. Facts know about grandparents may also be shared. Special memories the youth has about being with his birth parents should be included. Space is allowed for photos and drawings.

My Family Tree: On this page the worker should help the youth develop a family tree. Be sure to include step-parents, step-siblings, extended family members, and friends or guardians who may have assumed the parental role. A list of where family members are now and any information know about each person may also be appropriate.

My Birth

I was born on _____.

I was born at _____ am/pm.

I weighed _____ pounds, _____ ounces,
and was _____ inches long.

My doctor was _____.

I was born at the

Hospital, in _____, _____.

What else can you write about the day
you were born? _____

My Birth: This page should include the youth's birthday, his birth weight, his birth length and any other circumstances know about his birth. The youth's doctor, the hospital, and the place of birth are also important to list here. The worker may wish to allow room for a copy of the youth's birth certificate or other hospital records such as the baby's footprints. A funny anecdote about getting to the hospital in time may be appropriate for this page. Space is allowed on the page for favorite baby photos, drawings or a picture of the hospital.

Pictures of Me as a Baby

IMMUNIZATION CHART

<u>Immunizations</u>	<u>Date</u>	<u>Reaction</u>
Diphtheria	_____	_____
Tetanus (DTaP):	_____	_____
Pertussis	_____	_____
Polio Vaccine (IPV):	_____	_____
Measles	_____	_____
Mumps (MMR):	_____	_____
Rubella	_____	_____
Haemophilus (HIB):	_____	_____
Hepatitis B:	_____	_____
Pneumococcal	_____	_____
Conjugate (PCV7):	_____	_____
Varicella	_____	_____
(chicken Pox)	_____	_____
Other	_____	_____



All of My *firsts*

When I First...

Slept through the night _____

Smiled _____

Found my hands and feet _____

Laughed out loud _____

Clapped my hands _____

Rolled over _____

Sat up alone _____

Crawled _____

Ate solid food _____

Stood by myself _____

Took my first step _____

Waved Bye-Bye _____

Gave Kisses _____

Childhood Illnesses and Mishaps

Date

Description of Illness/Mishaps

Special Memories

I am Native American

I am an enrolled member of the _____ Tribe.

My enrollment number is _____.

Attach Enrollment Document

Information about My Culture

School Activities

I am involved in _____

I like to play _____

Clubs I'm involved in _____

My favorite class is _____

My favorite teacher is _____

PHOTOS of School:

Early Childhood Years

(birth - 4 years)

Favorite movies.....
.....
.....

My BEST memories.....
.....
.....

My most painful memories.....
.....
.....

Family pets.....
.....
.....

Relatives we visited and how often.....
.....
.....

Family trips, holidays.....
.....
.....

Relationships with Brothers/Sisters (good times, bad times, activities, who did you feel close to, if anyone).....
.....
.....

Stories I have heard about myself.....
.....
.....

School Years

(4-14 years)

favorite movies.....
.....
.....

My BEST memories.....
.....
.....

My most painful memories.....
.....
.....

family pets.....
.....
.....

Relatives we visited and how often.....
.....
.....

family trips, holidays.....
.....
.....

Relationships with Brothers/Sisters (good times, bad times, activities, who did you feel close to, if anyone.....
.....
.....

Stories I have heard about myself.....
.....
.....

Teen Years
(14-18 years)

favorite movies.....
.....
.....

My BEST memories.....
.....
.....

My most painful memories.....
.....
.....

family pets.....
.....
.....

Relatives we visited and how often.....
.....
.....

family trips, holidays.....
.....
.....

Relationships with Brothers/Sisters (good times, bad times, activities, who did you feel close to, if anyone.....
.....
.....

Stories I have heard about myself.....
.....
.....

Foster Homes

Complete this section for each foster home that you have lived in.

Name of foster parents.....
Location.....
Date I arrived.....
Date I left.....
My age.....
What was happening in your life at the time you moved to this foster home?.....
.....
.....

Family constellation of foster family.....
.....

Foster Mother:

Age.....
Height.....
Build.....
Physical appearance.....
.....
Personality.....

Did she work outside the home?.....
What were her hobbies/interests?.....
Did any of her relatives visit and what involvement did they have with you?.....

What kinds of things did your foster mother value (education, work ethic, religion, behavior of children etc.)?.....
.....
.....

What was your relationship like with her?.....
.....
.....
.....
.....
.....
.....

Foster Homes

Foster Dad:

Age.....

Height.....

Build.....

Physical appearance.....

.....

Personality.....

.....

Did he work outside the home?.....

What were his hobbies/interests?.....

Did any of his relatives visit and what involvement did they have with you?.....

.....

What kinds of things did your foster dad value (education, work ethic, religion,

behavior of children etc.)?.....

.....

.....

.....

.....

What was your relationship like with him?.....

.....

.....

.....

.....

.....

.....

.....

Names and ages of Foster Family children.....

.....

.....

Relationship between family members.....

.....

.....

How did you get along with them?.....

.....

.....

Were you treated the same as the children of the foster parents? If not, how was it

different?.....

.....

.....

.....

Foster Homes

Other children in the home (first names only please)

Names and ages.....
.....
.....
.....

How did you get along with them?.....
.....
.....
.....

Who did you get along with best (spent more time with, the least time with and why)?
.....
.....
.....
.....
.....

Other significant family members.....
.....
.....
.....
.....

Family pets.....
.....

What was your daily routine (mealtimes, what time did you get up in the morning, bedtimes chores, daily activities, what time did you leave for school and get home from school, did you take a bus or did someone drive you)?.....
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.....
.....
.....
.....
.....
.....

Foster Homes

How often did you receive spending money and what did you spend it on?.....
.....
.....
.....

Did you go clothing shopping on your own, you're your foster parent, were clothes bought for you?.....
.....
.....
.....

Feelings I had while living here (how comfortable were you in this home, could you talk freely, offer opinions, ask questions etc.)?
.....
.....
.....
.....
.....
.....

What kind of things were you disciplined for?.....
.....
.....
.....
.....

Type of discipline used?.....
.....

What did you like the best and least about living there?.....
.....
.....
.....
.....

Circumstances for leaving the home?.....
.....
.....
.....

Foster Homes

What contact did you have with your natural family while living here? (How often were visits, telephone contacts?).....
.....
.....
.....

Did your family visit you in this foster home?.....
.....
.....
.....

How did your natural family feel about this foster family?.....
.....
.....
.....
.....
.....

How did your foster family feel about your natural family?.....
.....
.....
.....

How often did your social worker visit?.....
.....

What was her/his attitude toward your foster parents?.....
.....
.....

What was your foster parents' attitude toward your social worker?.....
.....
.....

Did your social worker help resolve issues in this home?.....
.....
.....
.....

My OWN Story: On this page the youth may write his story about his life. He may start with what he remembers as a young child, memories of his birth family and other relatives. This is where the youth may wish to include how he felt when he had to leave his birth home and feelings he experienced when he first entered foster care. He may wish to go over all of his placements since in care or focus on his planned move into an adoptive home. The youth may use these pages to write about anything important to him that he wishes to include in his Lifebook.