

State University of New York College at Buffalo - Buffalo State College
Digital Commons at Buffalo State

NYS Child Welfare/Child Protective Services
Training Institute

Institute For Community Health Promotion
(ICHP)

10-29-2015

A Lifebook: Facilitating the Creation of a Child's Life Story

Sherri M. Weber Ph.D.

Follow this and additional works at: <http://digitalcommons.buffalostate.edu/cwcpstriaininginstitute>



Part of the [Education Commons](#)

Recommended Citation

Weber, Sherri M. Ph.D., "A Lifebook: Facilitating the Creation of a Child's Life Story" (2015). *NYS Child Welfare/Child Protective Services Training Institute*. 5.
<http://digitalcommons.buffalostate.edu/cwcpstriaininginstitute/5>

This Article is brought to you for free and open access by the Institute For Community Health Promotion (ICHP) at Digital Commons at Buffalo State. It has been accepted for inclusion in NYS Child Welfare/Child Protective Services Training Institute by an authorized administrator of Digital Commons at Buffalo State. For more information, please contact digitalcommons@buffalostate.edu.

What is a Lifebook ?

Lifebooks present opportunities for children to have fun while building a concept of “self”, strengthening attachment, and developing a sense of permanency in their lives.

A lifebook shares a child's life in a chronological manner. It could be a book, a shoebox, or whatever the child deems an important space. One of the things that a lifebook includes are: official documents, child made pictures, documents, drawings, letters, and other writings that are important to the child.

*“I don't believe that children can develop in a healthy way unless they feel that they have value apart from anything they own or any skill that they learn. They need to feel they enhance the life of someone else, that they are needed.”
Fred Rogers (1983)*

Tanesa, 12 years old

