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

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## 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

