

# Lifebook Resources

1. Fostering Perspectives: NC Division of Social Services –  
Article by our very own Donna Foster titled *Lifebooks: Keeping It Together!*  
<http://fosteringperspectives.org/fpv17n2/lifebooks.html>
2. Iowa Foster and Adoptive Parents Association – Lots of downloadable Lifebook Pages  
<https://www.ifapa.org/publications/ifapa-lifebook-pages>
3. Coalition for Children, Youth and Families: *Life Books: A Creative and Fun Way to Express Yourself* – PDF document and *Benefits of Life Books - PDF*  
<https://www.co.portage.wi.gov/DocumentCenter/View/971/Creating-A-Life-Book-PDF>  
<https://www.co.portage.wi.gov/DocumentCenter/View/972/Benefits-of-Life-Books-PDF>
4. Kentucky DSS: Making History – A Social Workers Guide to Life Books - PDF document  
<https://manuals.sp.chfs.ky.gov/Resources/Related%20Resources%20Library/Making%20History-A%20Social%20Workers%20Guide%20to%20Life%20Books.pdf>
5. Tennessee DSS: The Book of Me  
[https://www.tn.gov/content/dam/tn/dcs/documents/foster\\_care/Foster\\_Care\\_Lifebook.pdf](https://www.tn.gov/content/dam/tn/dcs/documents/foster_care/Foster_Care_Lifebook.pdf)
6. Michigan Adoption Resource Exchange: (GREAT Individual pages)  
<http://www.mare.org/Resources/Lifebook>
7. Washington State Dept. of Children, Youth & Families:  
*Life Story Book for Children – This is My Story* – PDF template with Life book pages  
[https://dcyf.wa.gov/sites/default/files/pubs/CWP\\_0084.pdf](https://dcyf.wa.gov/sites/default/files/pubs/CWP_0084.pdf)
8. Kentucky DSS: Making History – A Social Workers Guide to Life Books - PDF document  
<https://manuals.sp.chfs.ky.gov/Resources/Related%20Resources%20Library/Making%20History-A%20Social%20Workers%20Guide%20to%20Life%20Books.pdf>