

Lifebook Resources

1. Fostering Perspectives: NC Division of Social Services – Article by our very own Donna Foster titled [Lifebooks: Keeping it Together](#)
2. Iowa Foster and Adoptive Parents Association – Lots of downloadable [Lifebook pages](#)
3. Coalition for Children, Youth and Families: [Creating a Life book](#) and [Benefits of Life books](#)
4. Michigan Adoption Resource Exchange: (GREAT [Individual Pages](#))
5. Washington State Dept. of Children, Youth & Families: PDF template with Life book pages [This is My Story](#)
6. Kentucky DSS: Making History – A Social Workers [Guide to Life books](#)
7. Foster Village- [Online Life book Template](#)
8. *Shelby and Me: Our Journey through Life Books*- a fun and therapeutic approach to help foster and/or adopted children capture their life experiences. Shelby, a Golden Retriever dog, shares her story and engages children as they go through the journey of creating their life book. Author: [Donna Foster](#)