

What is life story work?

Life story work is a social work intervention that is done with children and young people right from the first day they went into care about their life journey.

It is a form of direct work that is done by social workers with children and young people who are being looked after by the Local Authority so as to enable them make sense of past, present and future. To enable them to understand who they are (their identity), how they were placed into care, and arranged plans for their future

During the process of life story work, information gathered from sources such as birth parents, siblings, relatives, school, and health professionals are usually used to produce a life story book for a child or young person.

Life story book will usually be kept by the child's carer who is expected to sensitively share age appropriate information with the child as some information may be painful, emotional or difficult for the child to understand

Life story book is the child's personal belonging and is usually handed over to them at an appropriate age, this will enable them make sense of their past experiences and to keep track of their heritage by preventing important and significant information from getting lost and from being forgotten.

These include child's birth certificate, hospital bracelets (if any), their family photographs, places they have lived, schools they have attended, their health records, academic achievements, drawings done by them and their future aspirations as expressed by them.

Why we do it?

We do life story to help looked after children moving to permanent substitute families:

To have an accurate understanding and to make sense of their life history and present situation.

To understand their culture, ethnicity, religion and identity.

To help children and young people to deal with family transitions in a positive way.

To recognise significant life changing experiences: the past, present and the future.

To provide answers to a child difficult questions.

To explain how and why those complex and difficult events have occurred in their lives.

To help the child to understand and improve psychological wellbeing.

To lessen and avoid a burden of emptiness, rejection, shame and confusion in a young person's life.

To provide a safe environment for the child to communicate their wishes and feelings.

To support a child to explore and to express a range of emotions.

To help the child develop a positive sense of self.

How can birth parent Support?

Birth parents play a significant role in the success of a life story work through the provision of:

- ◆ Birth certificates
- ◆ Hospital bracelets (if any)
- ◆ Family and birth pictures
- ◆ Health check reports
- ◆ Academic reports
- ◆ Family origin
- ◆ Places they have lived
- ◆ Schools attended



“Children are the heart and future of the community”

The Sweet Project is a not-for-profit Social Enterprise Organisation. We work with children and families providing family support based on early and realistic interventions.

Our Vision

The SWEET project's vision is that all families are free from disadvantage and social isolation. We believe all families have the strength to overcome their difficulties no matter how complex.

Where are we located?

To find out more about what we do please contact us at:

The SWEET Project
Unit 3, Ardath Road
Kings Norton
Birmingham
B38 9PL

Telephone:
0121 458 2270

Email:
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Our office opening times are:
Mon-Thurs: 9.00am - 5.00pm
Fri: 9.00am - 4.00pm



Life Story Work

Information for: Birth Parents

