

What is it?



Life story work is a social work intervention with children and adults. It is designed to recognise past, present and future.

Life story books are often incorporated into this work to give a visual aid and reminder of important events and feelings.

A life story 'book' is usually prepared with the child by a social worker, foster carer and/or adoptive parent or foster carers.

Life story work includes as much information as possible about the child. Their history and identity is pulled together as a resource for the child as they grow up outside the birth family.

The book includes the recording of significant information and events for a child to refer to when they are older or as they grow up, such as a description of their birth family, where they were born, significant people in their lives, and their care history.



Why we do it?

It is important for children to have a record of significant people, places and events in their life.

Life story work is done with the individual to enable them to discover their identity, culture, development and experiences of life that has shaped who they are as person.

Life story work helps children separated from their birth families make sense of their past experiences from birth. Some children may be too young to remember or understand what has happened in their lives.

Children in care often experience many changes of social workers and carers and, as a result, information about their past and heritage may be missing, lost or forgotten.



Life story work at SWEET project

Procedures:

1. Receive a referral of looked after child.
2. Contact the referrer to gather information about the child's life.
3. Arrange a best time to carry out direct work with the child.
4. Direct work session: Communicate and develop a life-story book including:

- ⇒ Before the child is born
- ⇒ Things to know about you
- ⇒ Key people who are in your life and supported you.
- ⇒ What makes you happy and sad
- ⇒ Education
- ⇒ Future aspirations
- ⇒ Places you have lived
- ⇒ Dislikes and likes.



Tips:

- Find an appropriate place to carry out direct work, where the client feels comfortable.
- Provide a person centred focus
- Respect their views and confidentially.
- Life story work can take the form of a book, scrapbook, photo album, interactive CD or collection of personal items, such as a hospital bracelet, first teddy bear, or drawings that date back to the child's time with their birth or foster family.

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.

Please note that each Life Story is individually costed and will include payment for travel, resources and case management.

For individual costings please contact

**Deb Groves
Operations Director**

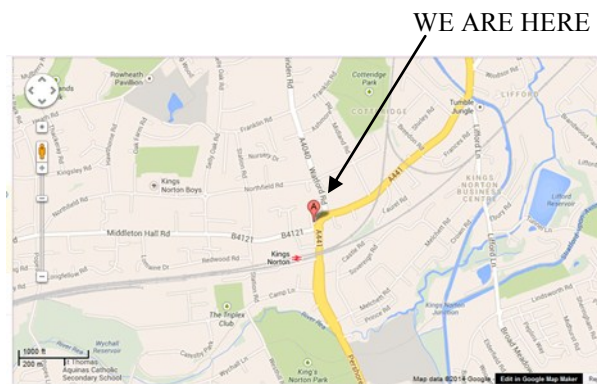
Where are we located?

**To find out more about what we do please contact us at:
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**The
SWEET Project:
Life Story Work**

Information for Professionals

