

## Keeping a life diary

Each child or young person in care should have a record of their placement and their time spent in foster or kinship care. Children and young people who are placed in out-of-home care often do not remember some of their life history, particularly if they experience many short-term placements.

For this reason it is important to keep written records, such as a life diary or life story, for the child or young person as well as precious items, such as special toys, clothes, certificates, photos and mementos of special occasions to help the child or young person remember their life history.



A life diary can be quite simple. It generally contains, but is not limited to:

- photographs
- school certificates
- details of special occasions
- information about sports, hobbies or activities that the child or young person enjoys
- information about the child or young person and their birth family
- information about the child or young person's medical history
- information about the child or young person's carer's family
- information about the child or young person's Child Safety Officers.

You may have your own family tradition of keeping mementos and memories that you can pass on to the child or young person in your care. Your Child Safety Officer or non-government foster and kinship care service support worker can also help with other ideas about how to gather and store information. They can offer ideas about how to present the life diary to the child or young person to keep when they leave your care.

For more information visit [www.childsafety.qld.gov.au](http://www.childsafety.qld.gov.au)

Or contact the Department of Child Safety on **1800 811 810** or **3224 8045**.

