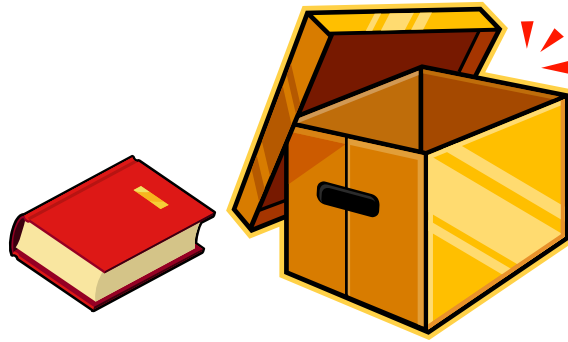


My Memory Book



ALL ABOUT ME

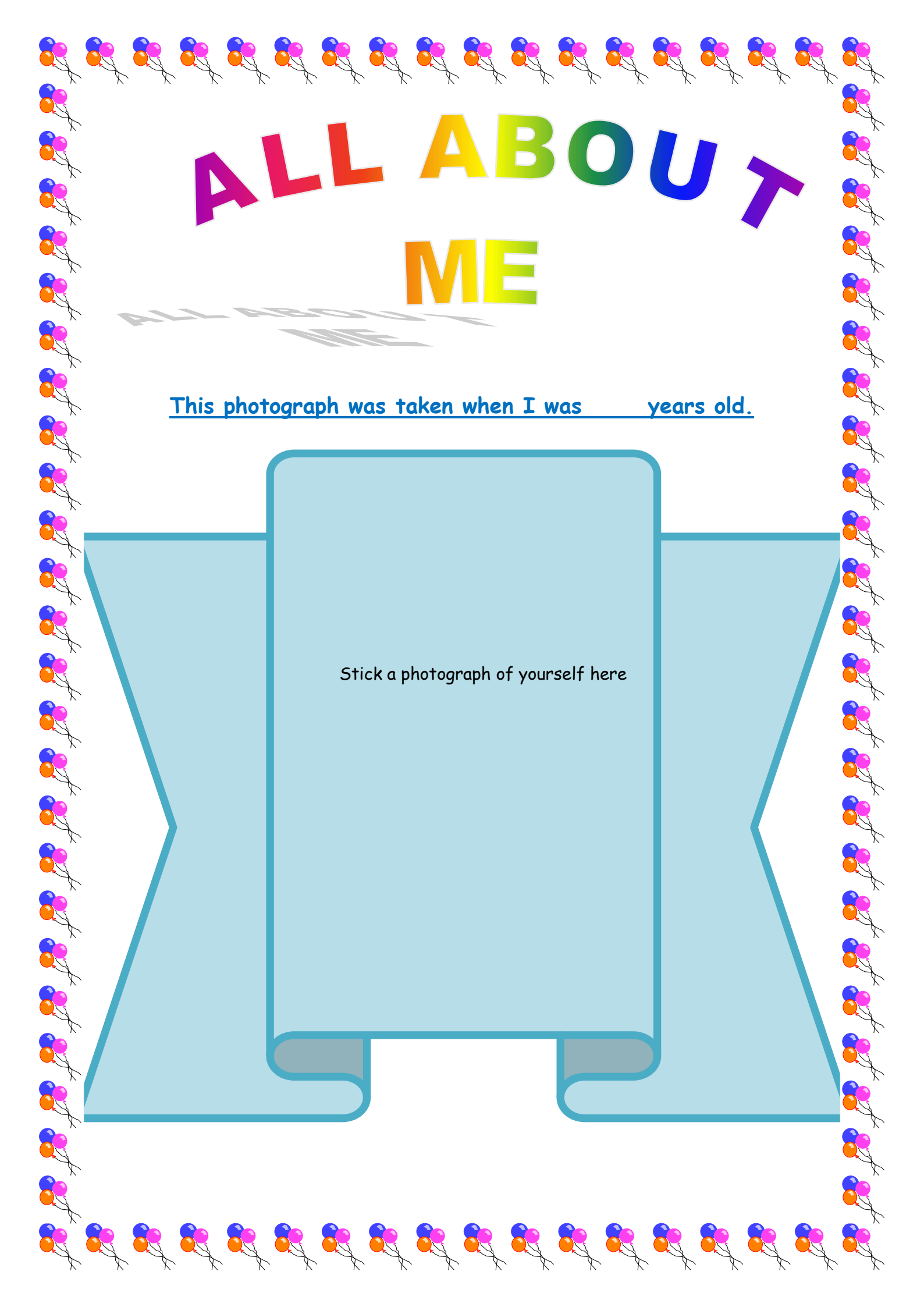
Your Memory Book and Memory Box



- This book is all about you, so you can enjoy drawing or writing and sticking photographs in it
- When you feel ready you can start, on any page you like. Your foster carer or your social worker is there to help you and will be able to fill out some of the sections for you
- The book will contain special information about you, and it will hold many precious memories
- As you get older you will be able to add more things. There are extra sheets and more pockets for you to do this
- You could keep your memory book in your memory box, along with your photograph album and all of the other treasures you may collect
- The memory box and the book is yours, but it needs to be kept in a safe place. Your foster carer could look after it for you and will be able to help you think about the things you might like to keep in it.



These are some of the things I keep in my memory box:

A decorative border of balloons in blue, pink, and orange, arranged in a repeating pattern around the entire page.

ALL ABOUT ME

This photograph was taken when I was years old.

Stick a photograph of yourself here

ALL ABOUT ME

My name is: _____

My birthday is on: _____



My eyes are: _____



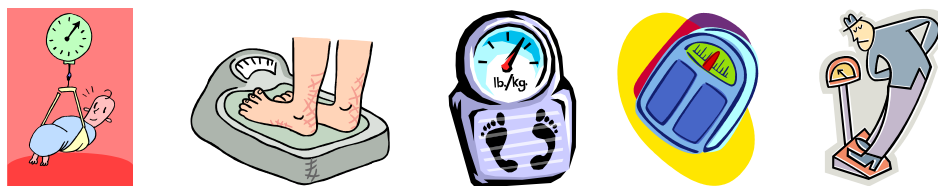
My hair is: _____



My height is: _____



My weight is: _____



Look at yourself in a mirror and see if you can
draw a picture of your face here.



Today's date is: _____

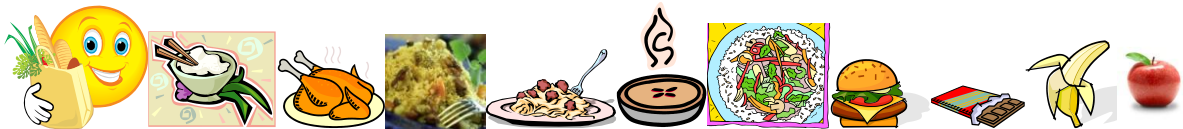
Today's date is: _____ and I am: _____ years old.

...and this is more about me.

Draw or write about your favourites or just circle the things you like.

My favourite:-

Food is:



Drink is:



Book is:



Toy or game is:



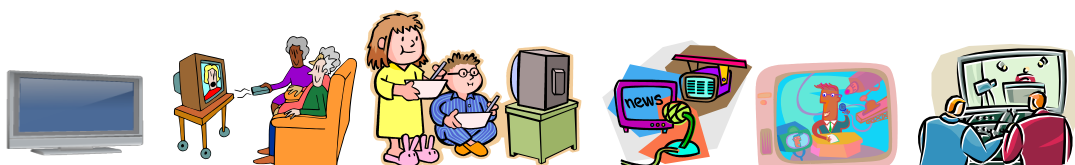
Things I like doing:



Cuddly toy is:

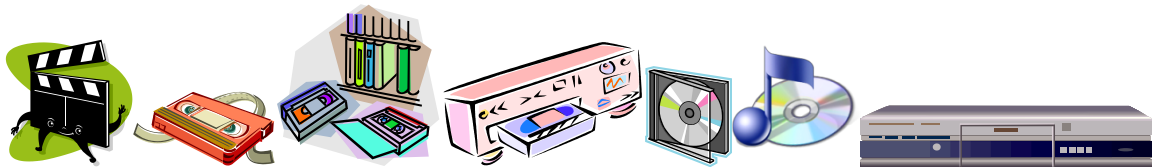


Television programme is:



And here are more of my favourites:

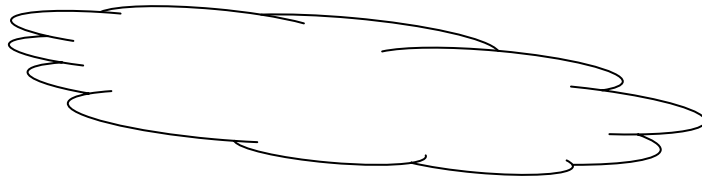
Film, video, DVD or CD is:



Animal:



Colour is:



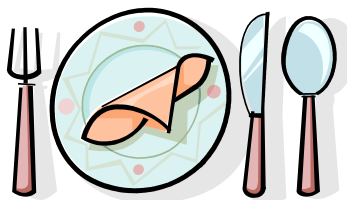
What other things do you like?



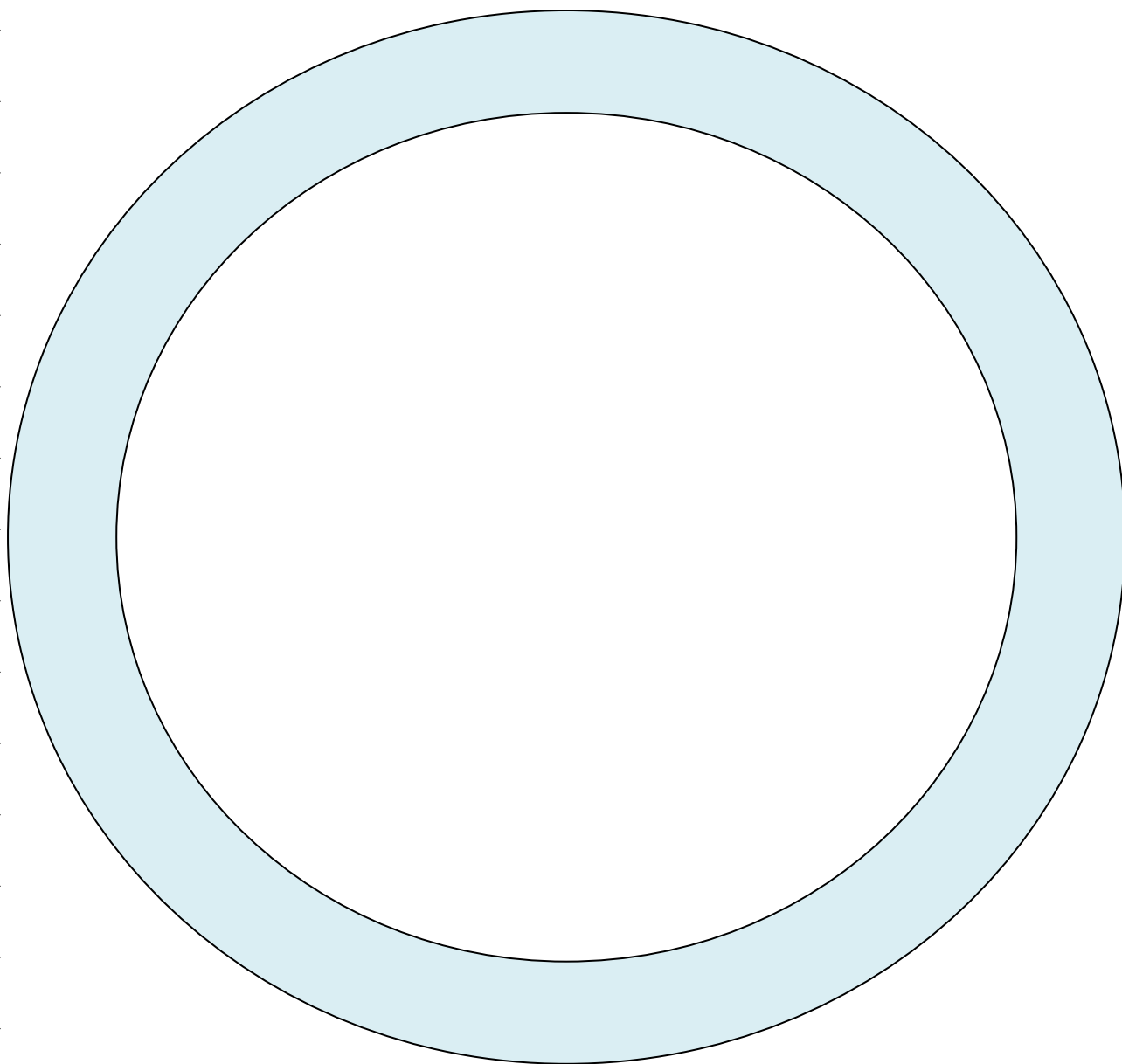
You could draw or write about the things you don't like here:



What food would you like to put this plate?

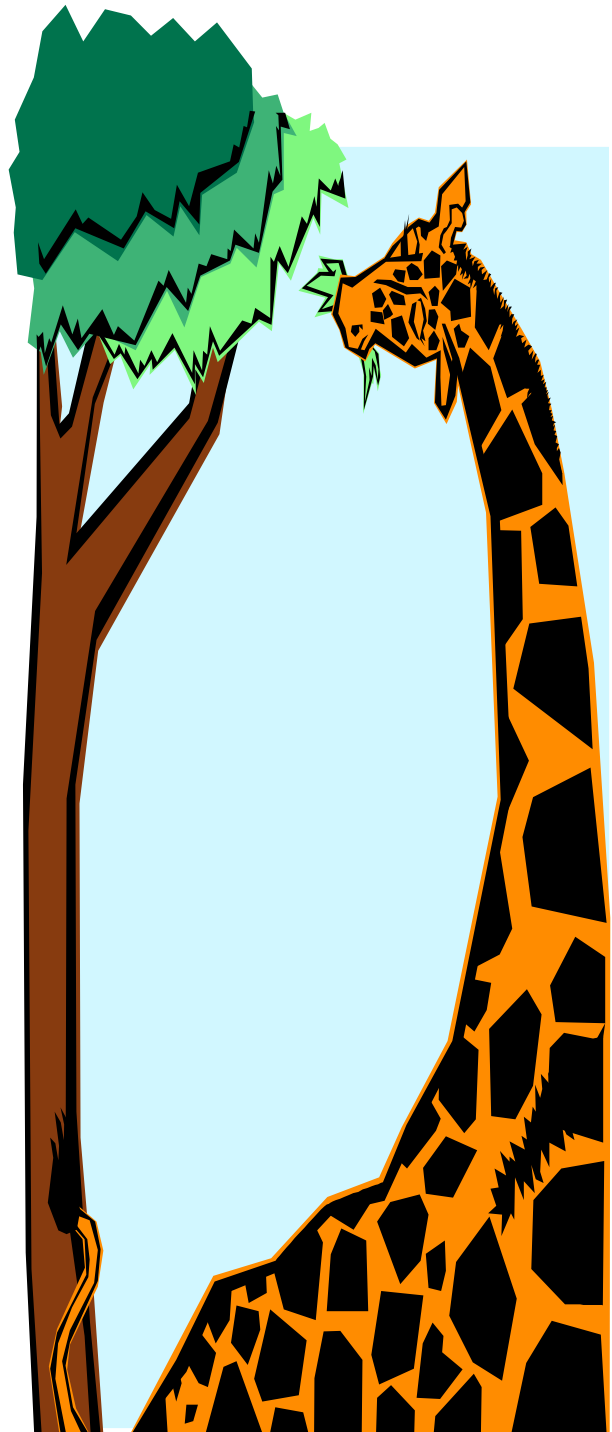
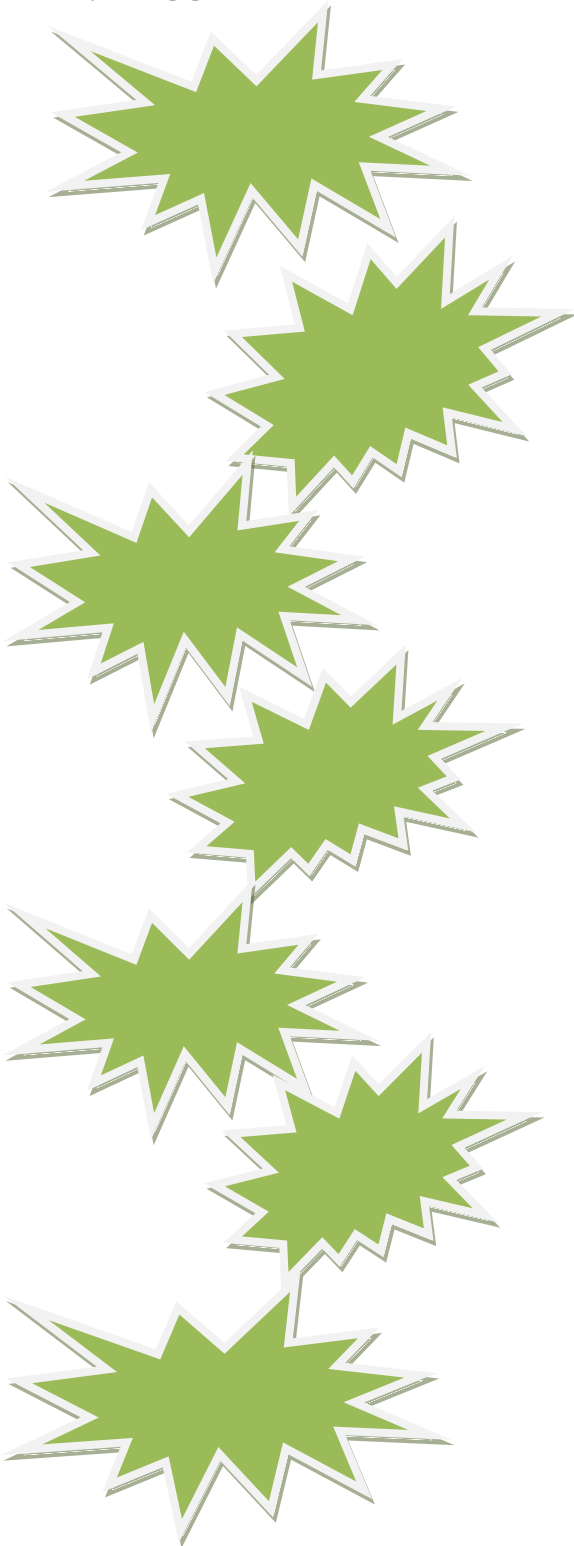


You could draw your favourite food on this plate



How tall are you today?

Put your height and your age and on this chart. Measure yourself again in a few months time and see if you are any bigger.



How much do you weigh today?

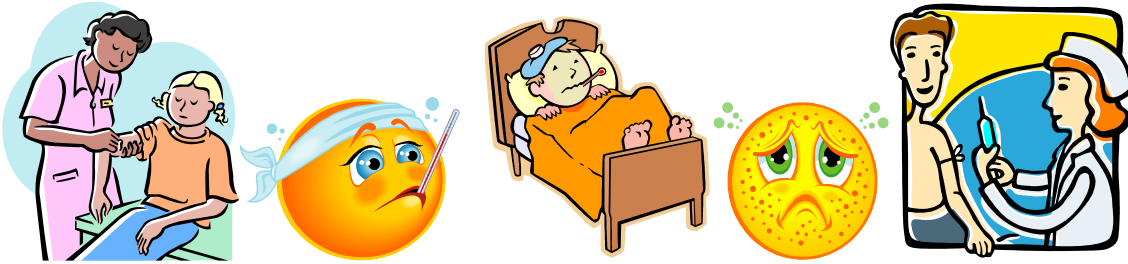


Write the date, your age and weight on one of these stars and you can weigh yourself again when you are older.



Health Matters

Have you had any illnesses, injections or been in hospital?



Dates and details:

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--

--

--

--

--

--



Draw around your foot.

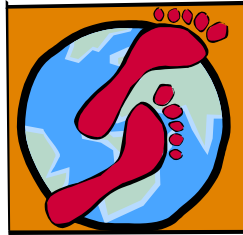
Remember to put the date and your age at the bottom of the page?

What sort of shoes do you like? Put a circle around the ones you like best.

Write you shoe size in the box and everytime your foot grows put your new size and date in one of the boxes



You could draw your favourite shoes here

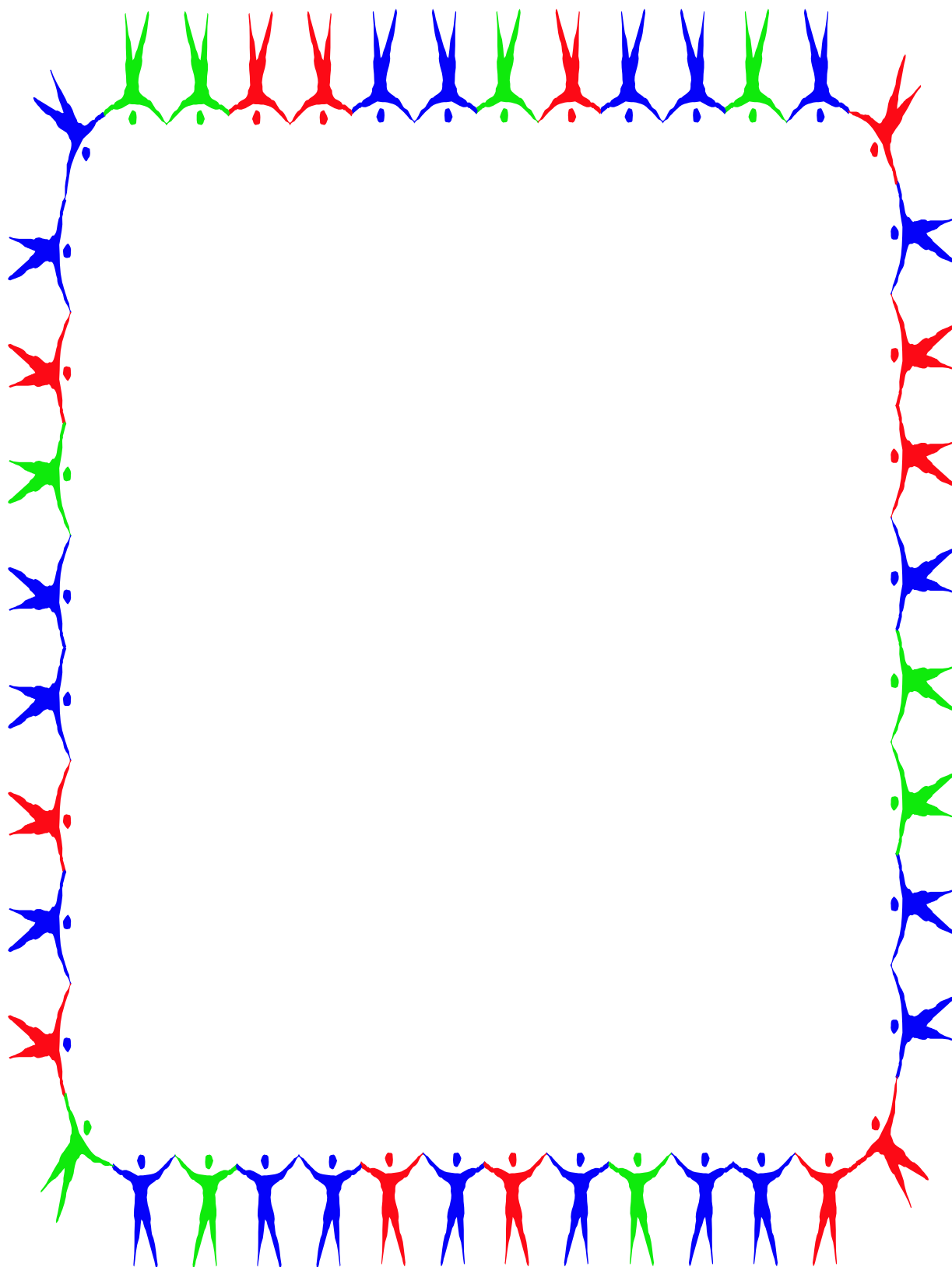


Now draw around or make a print of your hand?



My age is _____

Draw a picture of yourself in your favourite clothes and shoes.



Nursery or School



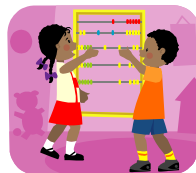
What is the name of your nursery or school?



What is your teacher's name?



What do you like doing best at nursery or school?



What are your friends' names?

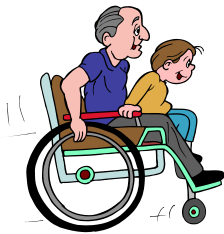
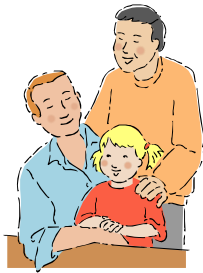


When did you start at this nursery or school?

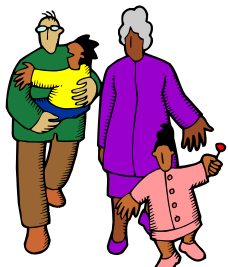
Have you been to any other nurseries or schools?

What were they called and when were you there?

Families come in all shapes and sizes.....



.....and children join family in many different ways - some are born into them, some live with aunts or uncles or friends or grannies and grandads. Some children live with foster carers or adoptive parents, while some children live with step parent or with special guardians



Can you stick a photograph or draw your foster family on this page?



How many people are living in the foster home?

Do you know their names and ages?

Are there any pets?

When did you move to this family?

And you can draw or put a photograph of your birth family on this page?



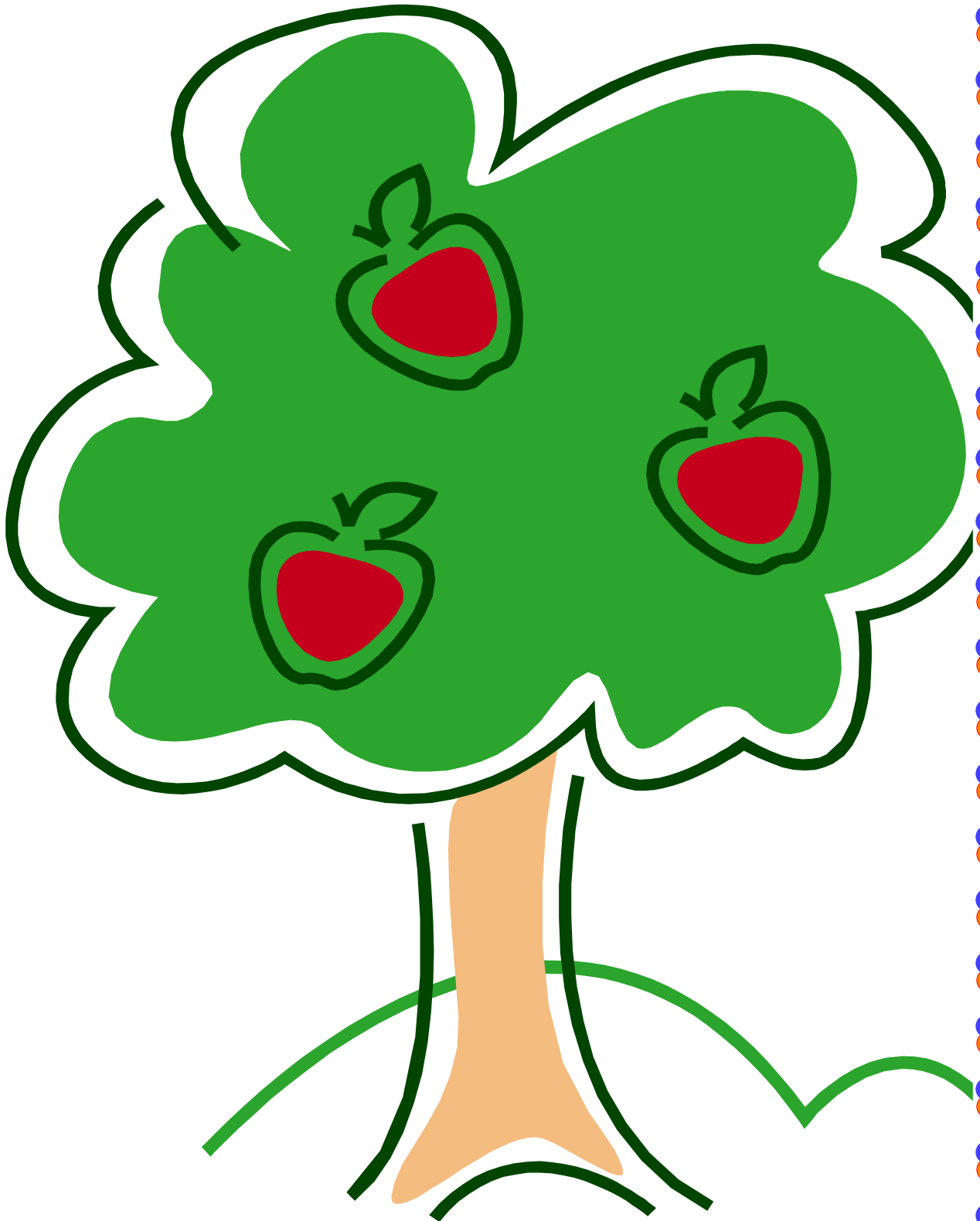
You could write down their names and ages too:-

Do they have any pets?

My Birth Family Tree

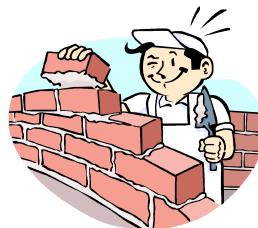
Write your name and your relatives names on the apples.

You can add more apples and names.



Bringing up children is a bit like building a wall.

To make tall, strong walls you need a very good foundation and then, using just the right amount of cement, you carefully lay all the different bricks on top. You can see from this wall of bricks that children need love, but they also need lots of different kinds of caring to help them grow properly, and they need to be cared for by grownups who know how to look after children.



DENTAL CHECKS		PLAY TIMES		BED TIMES		DOCTOR CHECKS					
TAKEN TO SCHOOL		CUDDLES		RULES		CLEAN CLOTHES					
CHECK HOMEWORK		HUGS		A SAFE HOME		FUN		GOOD FOOD			
LAUGHS		STORIES		TALKS		KISSES		ATTENTION		WARMTH	
LOVE											

Some birth mums and dads have lots of love to give, but they just don't know how to do all the other things that children need if they are to grow up safe and strong and healthy.

Contact



Sometimes children who are not living with their birth family will still see them from time to time, or they may speak to each other on the telephone or write cards and letters. This is called contact.



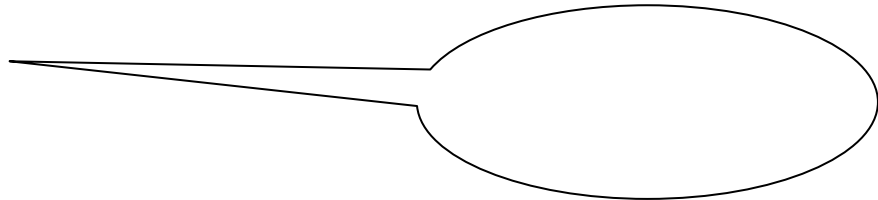
If you have contact what type is it and if you see your birth family, when and where does this happen?

What other special things would you like to know **ALL ABOUT** yourself?

Here are some questions you might have.

Your foster carer, a birth relative or your social worker may be able to help you to find the answers.

What date and day of the week was I born on?



Monday's child  is fair of face,

Tuesday's child  is full of grace,

Wednesday's child is all  aglow,

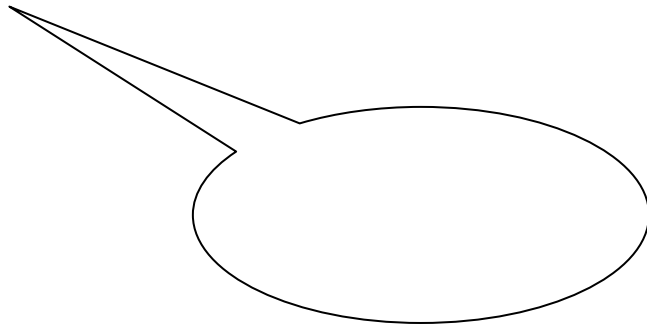
Thursday's child has far  to go,

Friday's child is loving  and giving, 

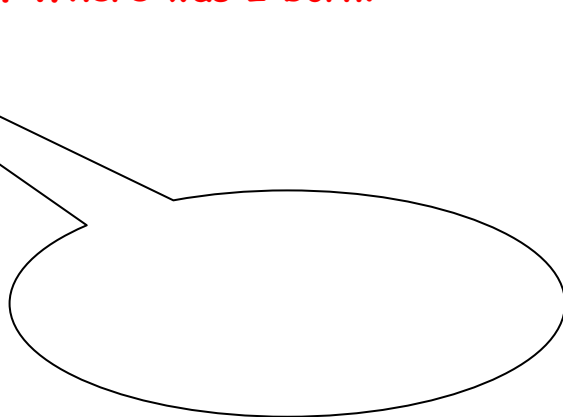
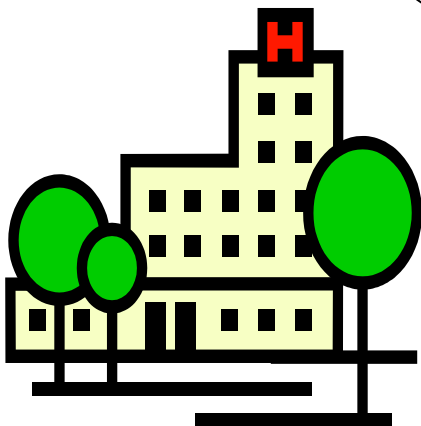
Saturday's child works hard  for a living,

But the child that's born on the Sabbath day  is bonny and blithe,
and good always.

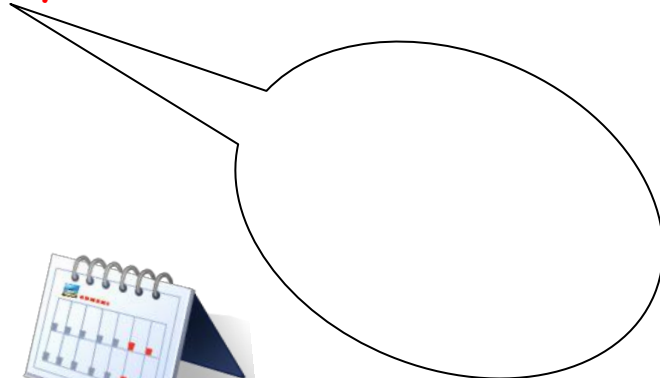
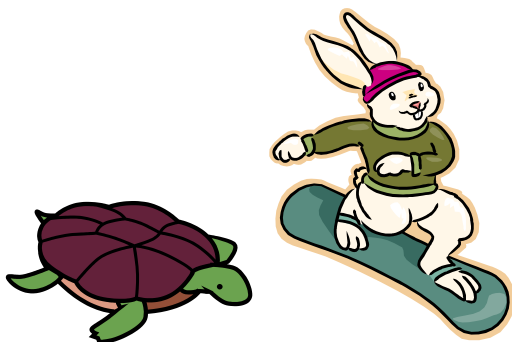
What time of day was I born? Was it around breakfast time, lunch or teatime?



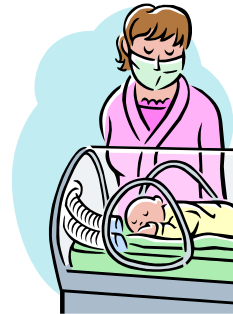
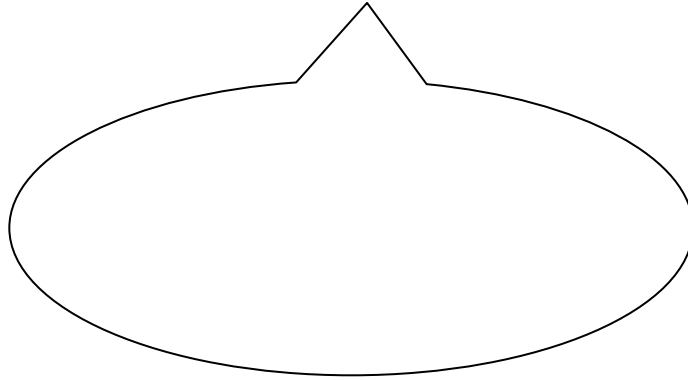
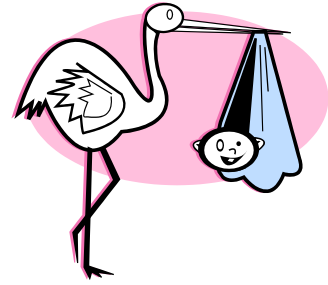
Most babies are born in hospital. Where was I born?



Did I arrive in the world on the day I was expected? Was I in a rush and early, or did I take my time and come late?



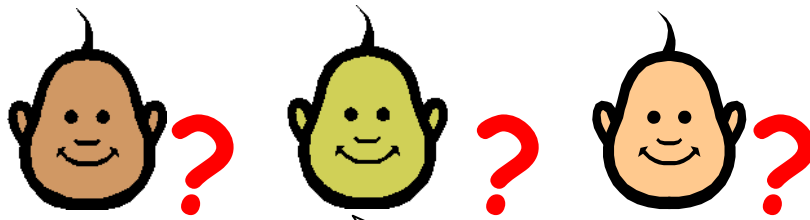
How long did I take to arrive and was my birth okay?



Hurray- I arrived!



What did I look like and did I have any hair?



How much did I weigh? How many bags of sugar is that?

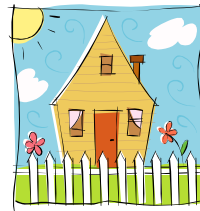


How long did I stay in hospital and did I have any visitors?



Where did I live when I left hospital and who else lived with me?

Was it a house or a flat? Have I lived in any other places?

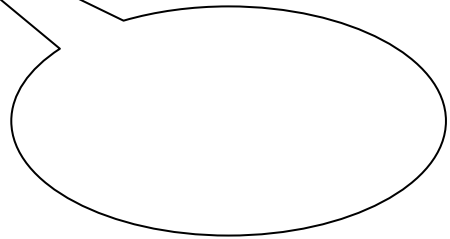
A large empty speech bubble shape with a pointed top, intended for the child to write their answer to the first question.

Who chose my name and why?

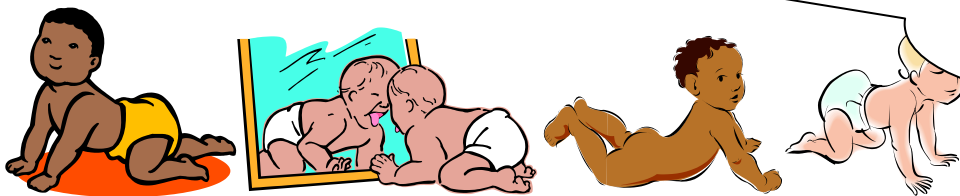
*Certificate
of Birth*
Date & name
_____ ●

An empty speech bubble shape with a pointed top, intended for the child to write their answer to the second question.

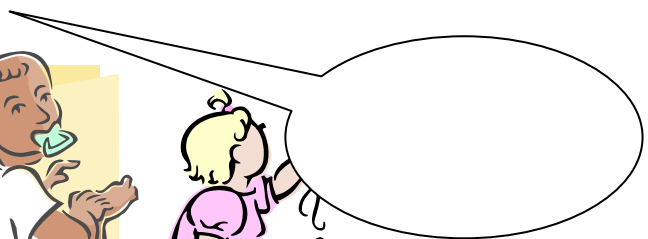
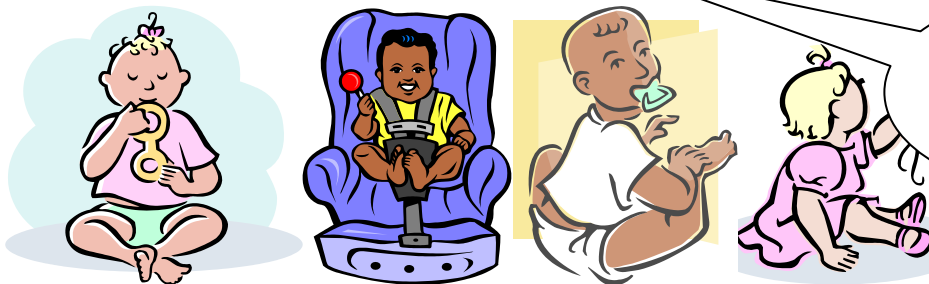
How was I fed when I was a baby?



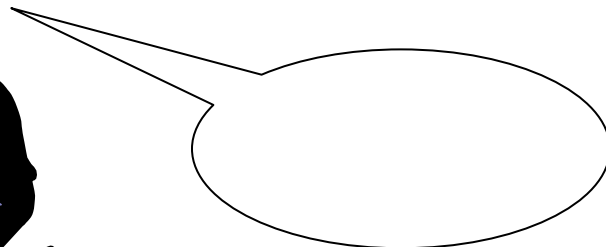
When did I start to crawl?



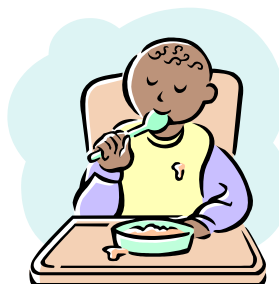
When was I able to sit?



When did I start to walk?



What was my favourite food?

A large, empty speech bubble with a pointed tail, intended for the child to write their answer.

Did I like bath times?

A large, empty speech bubble with a pointed tail, intended for the child to write their answer.

When did I start to talk and what did I say?

A large, empty speech bubble with a pointed tail, intended for the child to write their answer.

Did I suck my thumb, use a comforter or have a favourite toy?

A large, empty speech bubble with a pointed tail, intended for the child to write their answer.

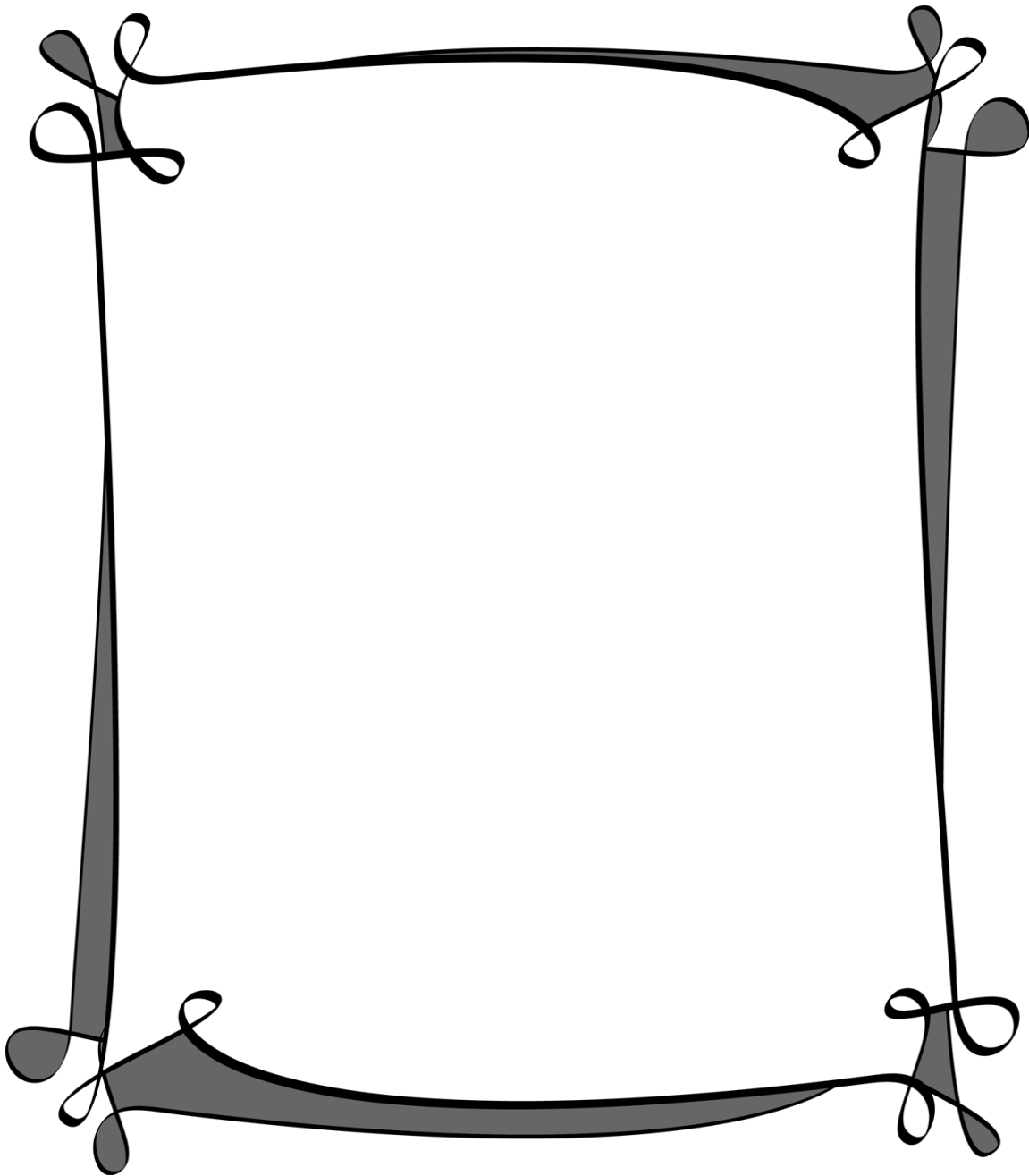
Did I sleep well?



Are there any other question you would like to ask?



Draw a picture of yourself when you were younger or put another photograph here





Photographs

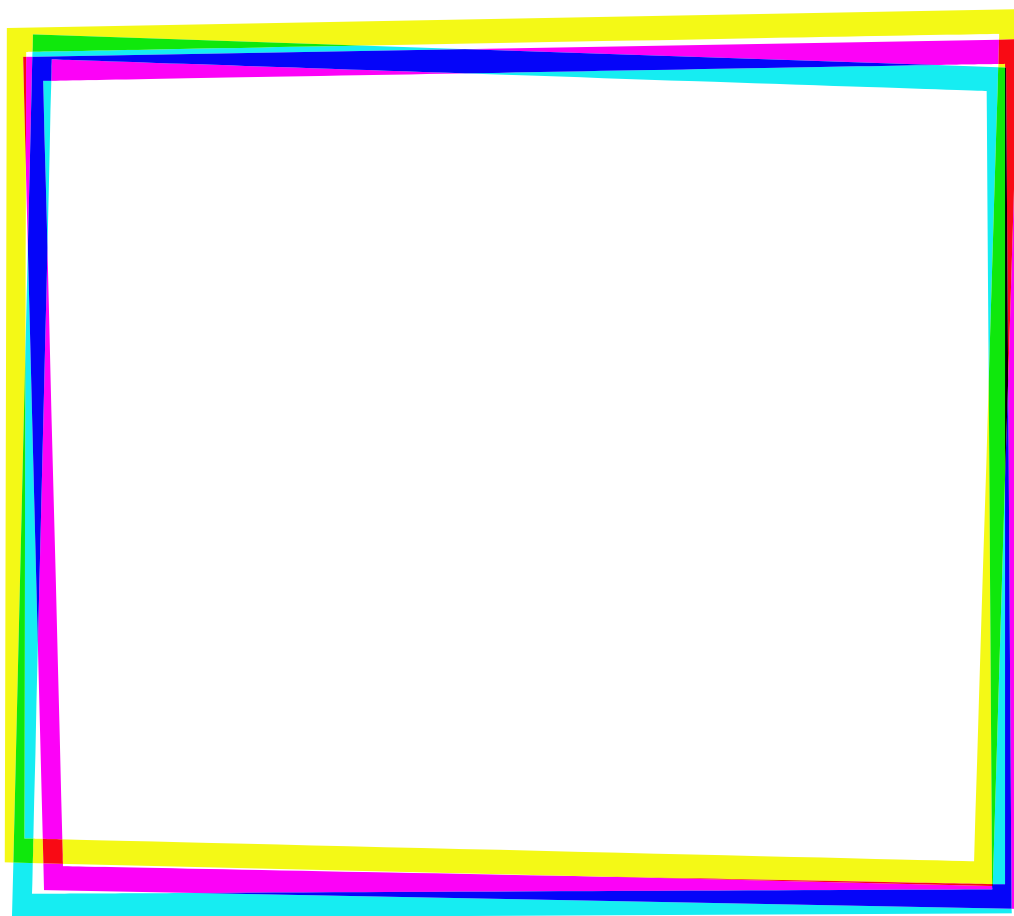


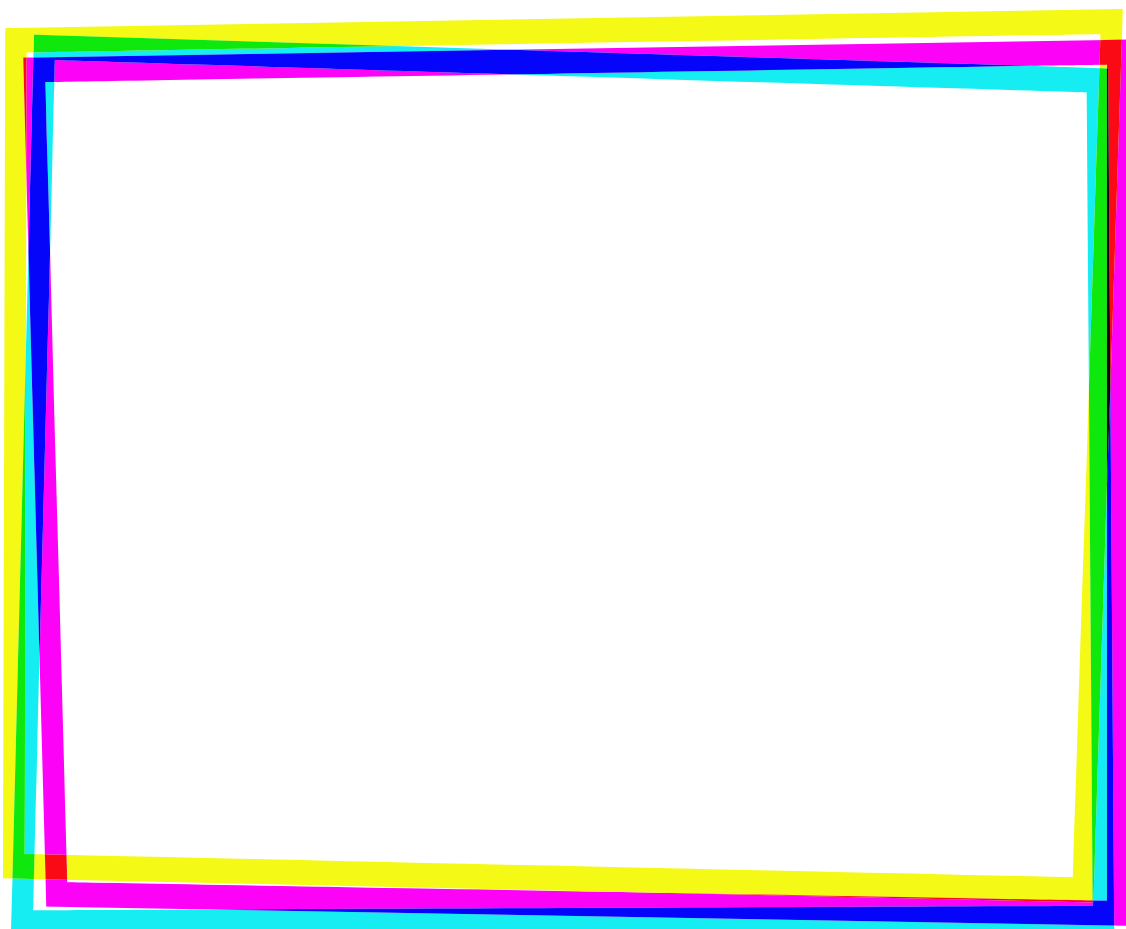
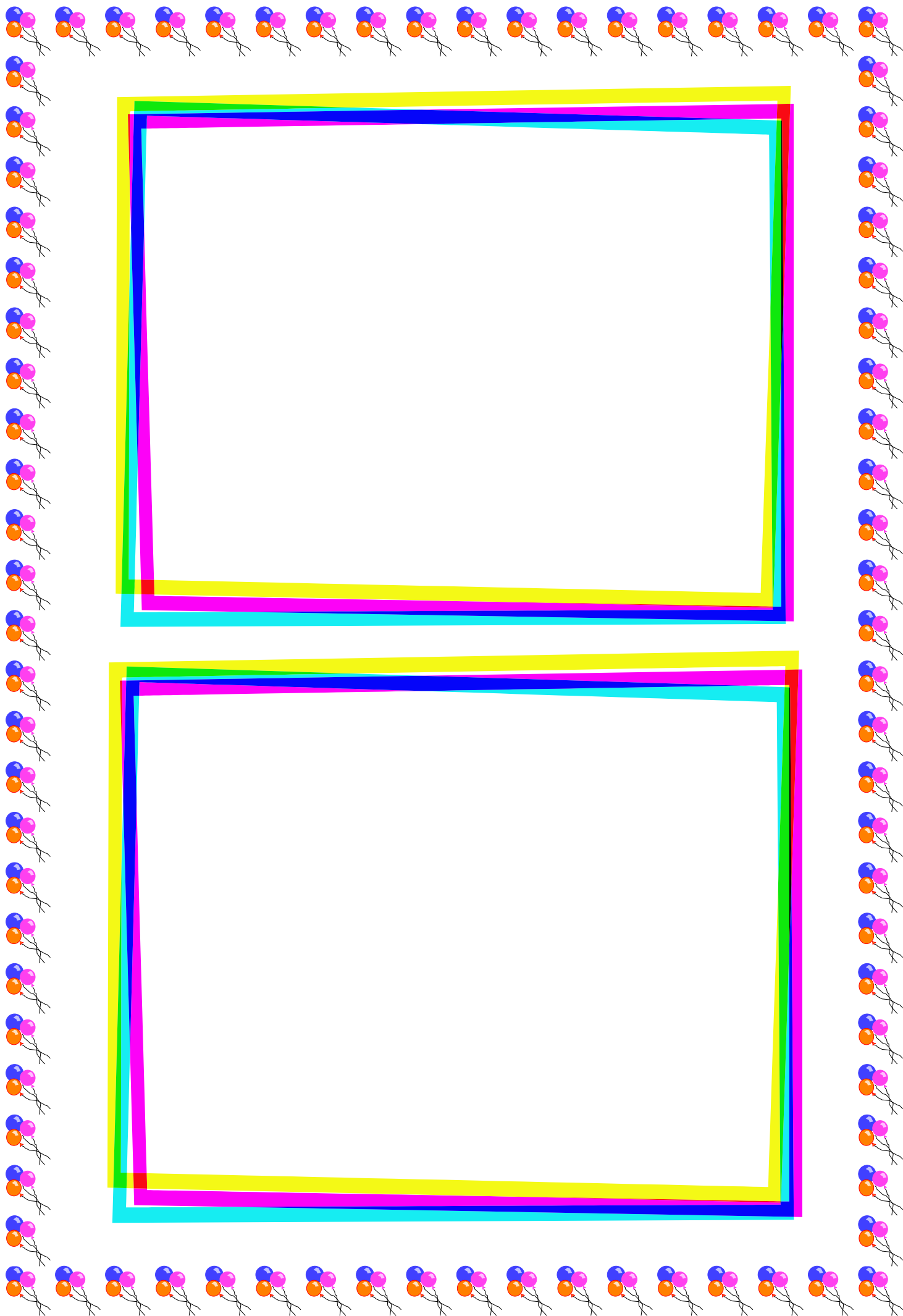
Your foster carer and social worker will be able to take more photographs of you.



You can put some photographs of yourself here and you can put the rest in your photograph album.

Remember to write your age or the date the photograph was taken under each one, and the names of anyone else in the photograph?





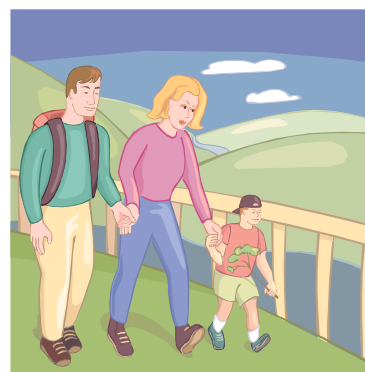
Put a photo or draw a birthday picture here? How old are you? I wonder what presents you had?



If you were going on a holiday where would you like to go?

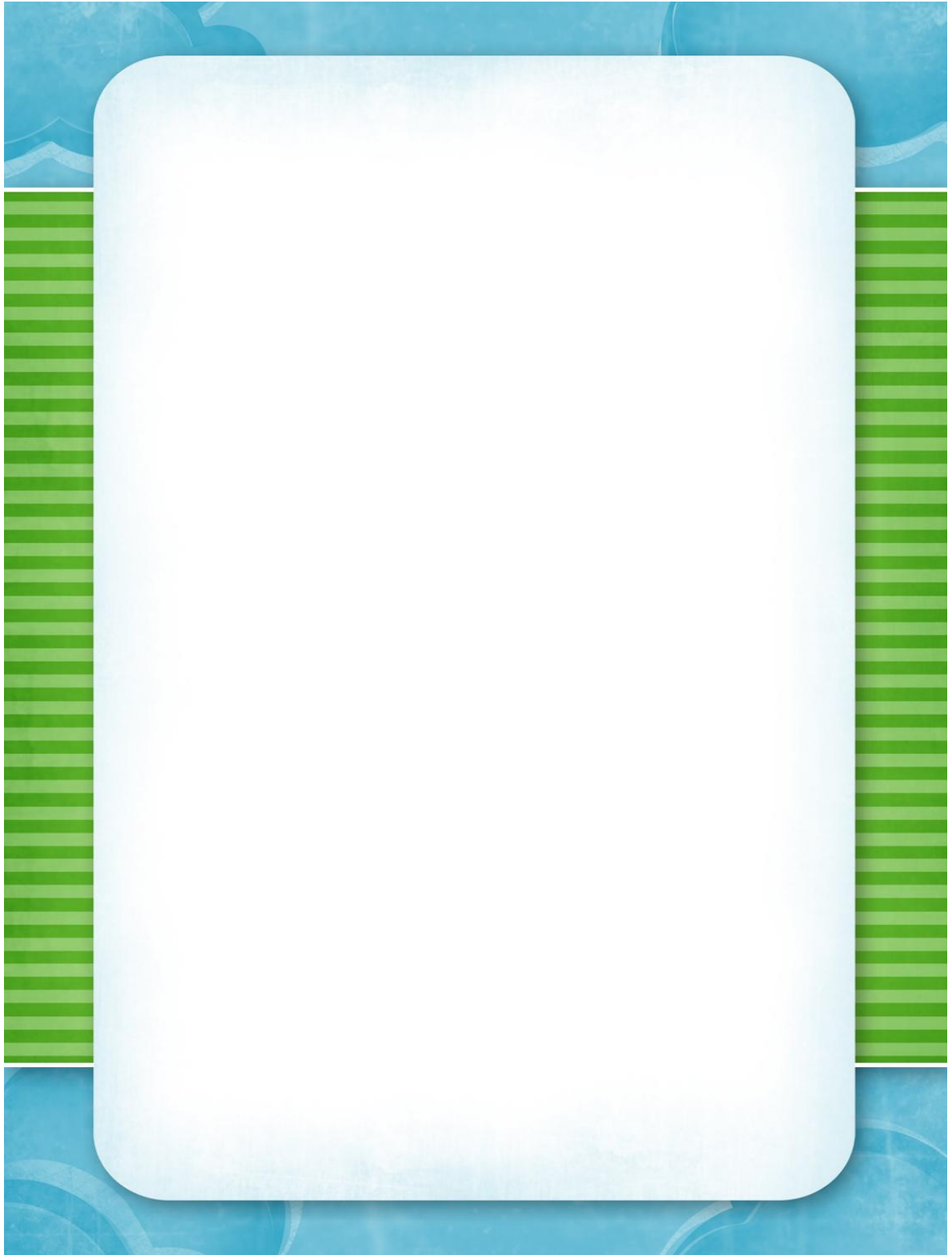


Would you like to be by the seaside or in the countryside or perhaps in the snow?

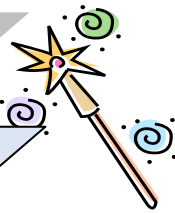
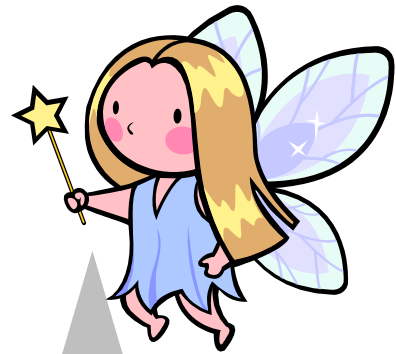


If you could make a holiday wish, where would you go?

Draw a picture of the holiday you would like?



Use your magic wand to make more wishes.



Put a wish in each star.



These are things that make me feel happy and smiley:-



These are things that make me feel sad or upset:-



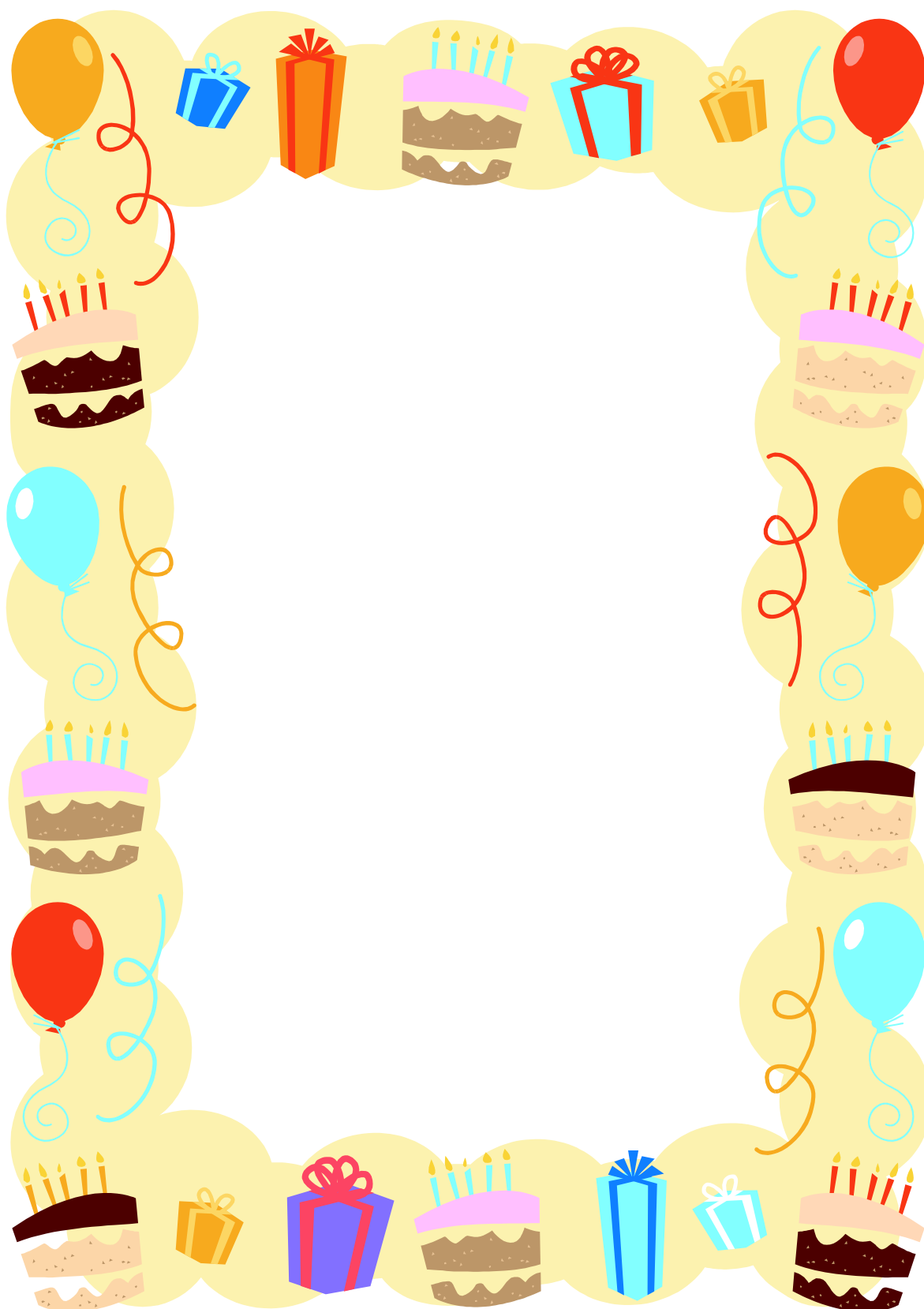
When I grow up I would like to be.....



Have your feet grown?

Draw around your foot again and remember to put the date and age at the bottom of the page?

Put another photograph or draw another birthday picture here?
How old are you? What presents did you have?





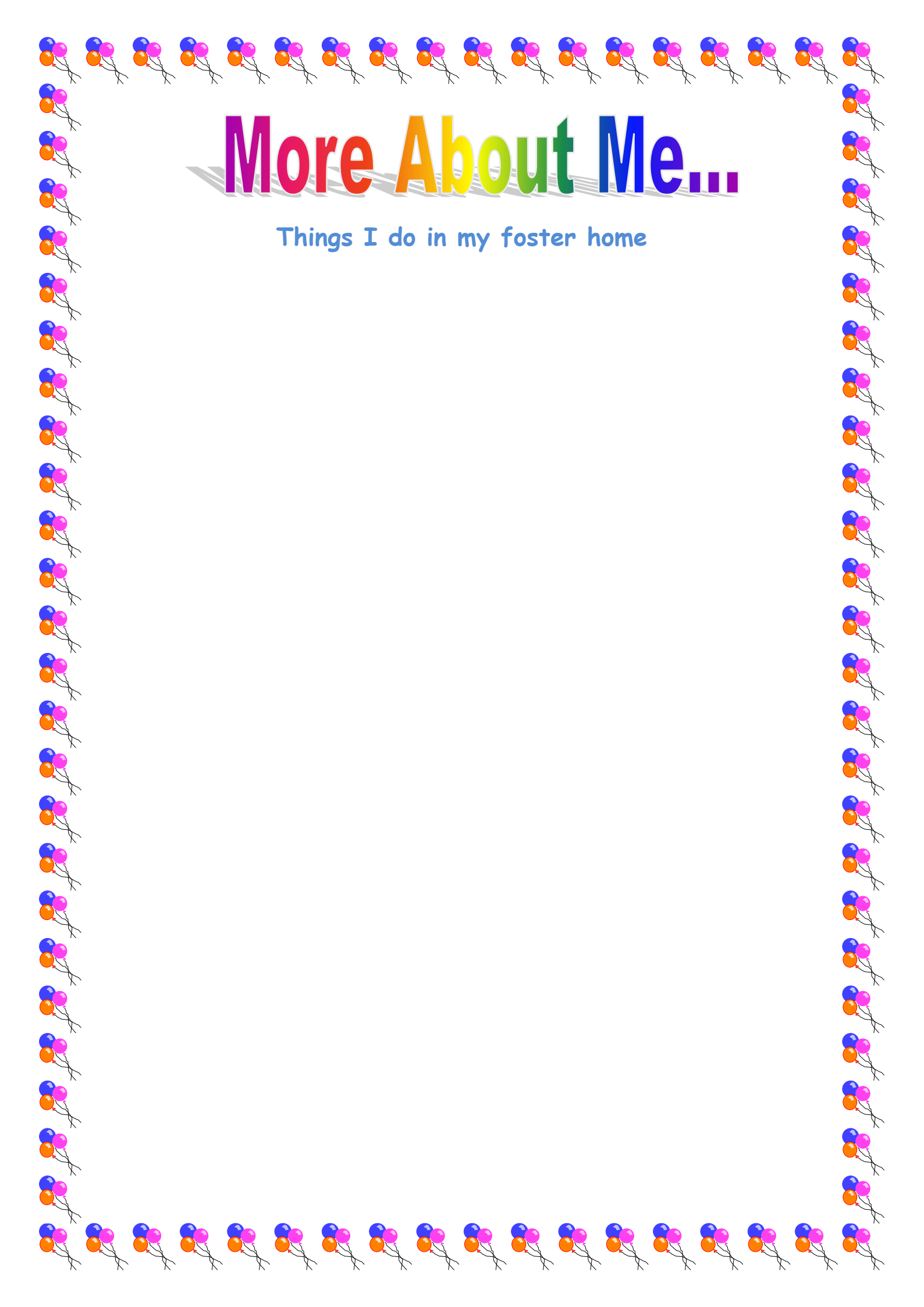
Make another print of your hands

Date _____ age _____

Celebrations and Festivals

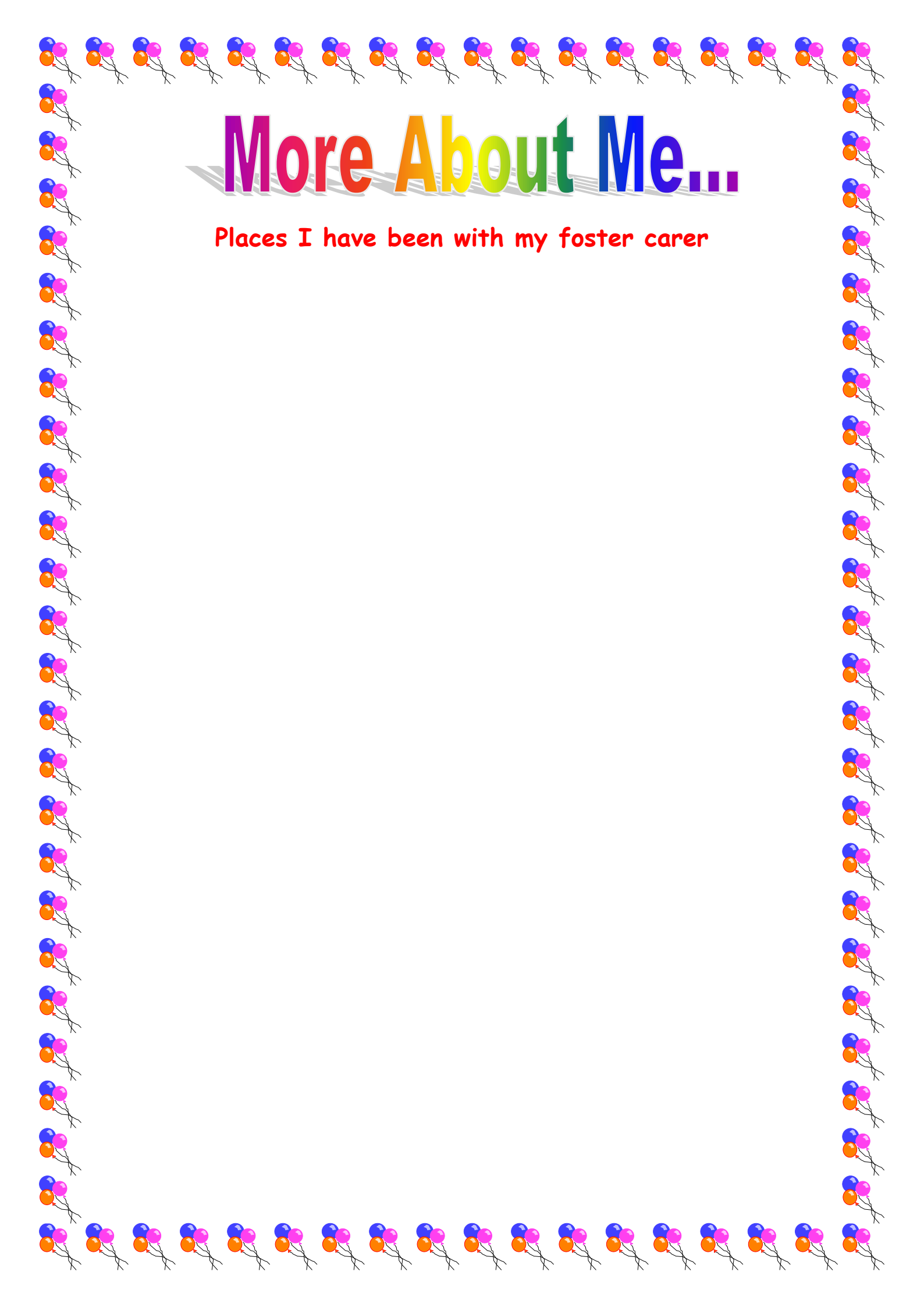


Draw or write about any special days you have celebrated.



More About Me...

Things I do in my foster home



More About Me...

Places I have been with my foster carer

A decorative border of balloons in blue, pink, and orange, arranged in a rectangular frame around the page.

More About Me...

Some of the things people have said about me:

Who said what and when did they know me?

More About Me...

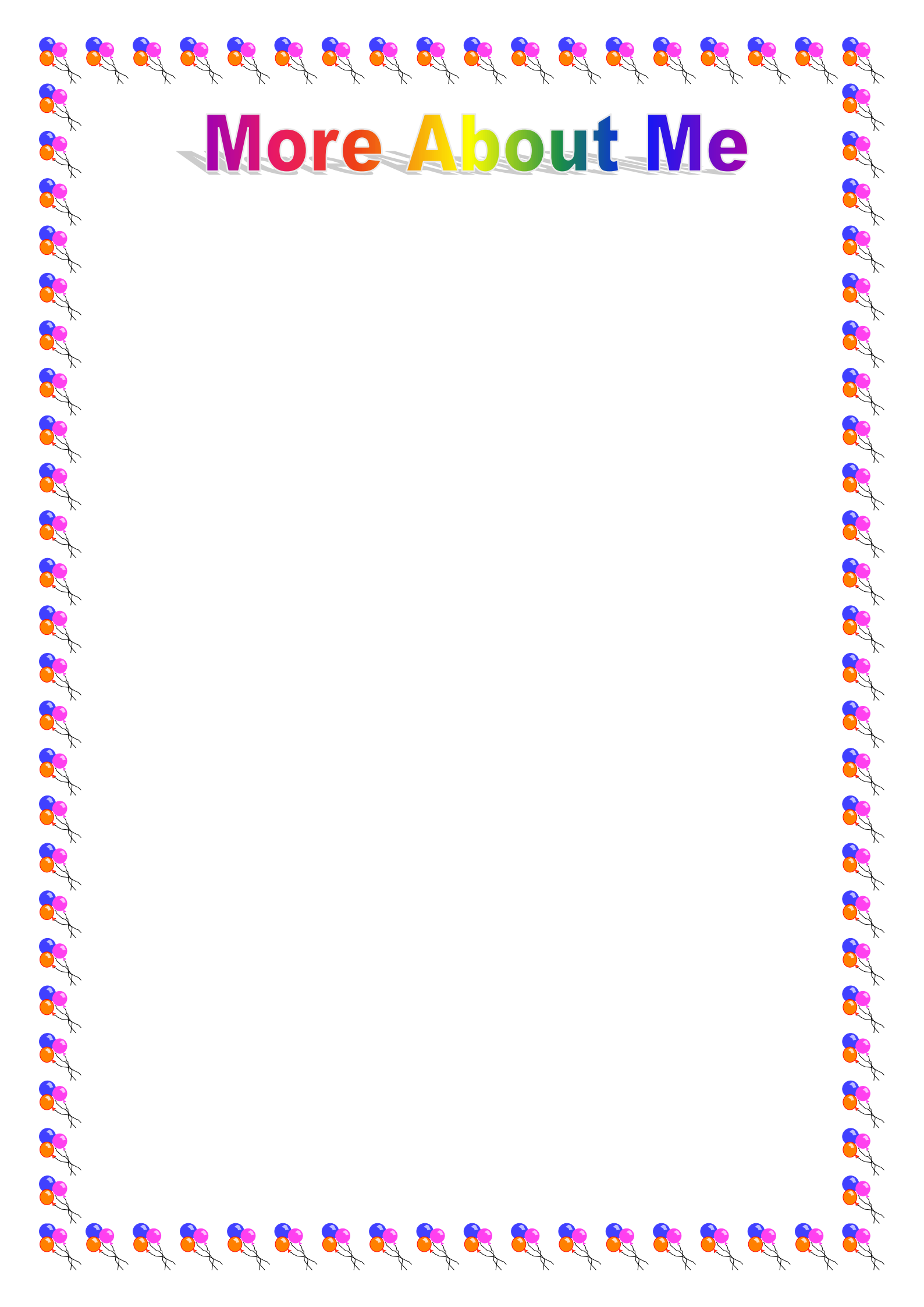




Memories other people have of me:



Any more questions or thoughts?



More About Me