Providing foster and kinship care

Keeping a life diary

Each child or young person in care should have memories from their childhood and this includes their time spent in care. Children and young people who are placed in care often do not remember some of their life history, particularly if they experience many short-term care arrangements.

For this reason, it is important to keep a written record, 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 child or young person’s life diary can be quite simple. It can contain:

* photographs
* school certificates
* details of special occasions
* information about sports, hobbies or activities that the child or young person enjoys
* information about their birth family
* information about their medical history
* information about the carer’s family
* information about their child safety officers or other people of significance in their life.

You may have your own family tradition of keeping mementos and memories that you can pass on to a child or young person in your care. Your child safety officer or foster and/or kinship care service support worker can also help with other ideas about how to gather and store information, such as scrapbooking.

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**

To find out more information about keeping a life diary:

* visit <https://www.families.qld.gov.au/our-work/child-safety>
* visit your local Child Safety Service Centre
* visit [Queensland Foster and Kinship Care](https://www.qfkc.com.au/) on **3256 6166**.