

All about

me



All about me

This page was completed on _____

This is me

This was done when I was _____ years old.



signed _____

This page was completed on _____

About me

My name is: _____

My birthday is on: _____

My eyes are: _____

My hair is: _____

This page was completed on _____

My favourite

Food is

Pudding is

Breakfast is

Fruit is

Drink is

This page was completed on _____

Things you like

My favourite toy or game

My favourite book

My favourite cuddly toy

My favourite tv programme/film

My favourite animal

My favourite music

This page was completed on _____

Things you don't like

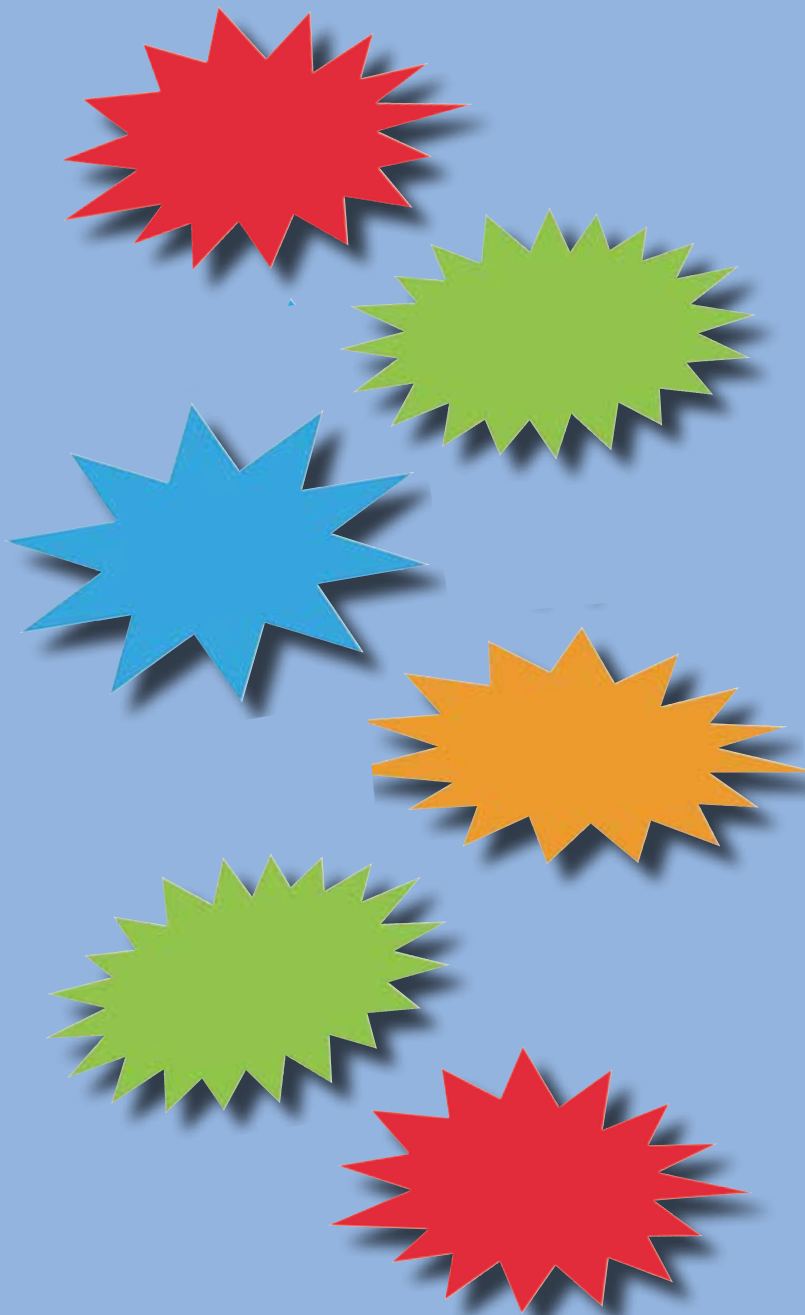


DISLIKE

This page was completed on _____

How tall are you today?

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



This page was completed on _____

Your health matters

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

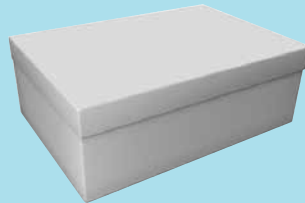
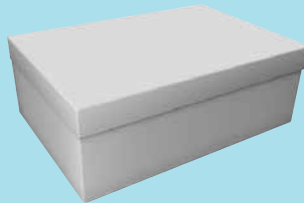
This page was completed on _____

What size are your feet?

What sort of shoes do you like?

Put a circle around the ones you like best.

Write your shoe size in the box and every time your feet grow put your new size and date in one of the boxes.



This page was completed on _____

Draw around your foot

This page was completed on _____

**You can draw your
favourite shoes here**

This page was completed on _____

Draw your hand

This page was completed on _____

Picture of yourself and your favourite clothes

This page was completed on _____

Nursery or school

What is the name of your nursery or school?

What is your teachers 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?

This page was completed on _____

The background of the page is a repeating pattern of white silhouettes on a light green background. The silhouettes represent various family structures: nuclear families, single-parent families, families with grandparents, families with children in strollers, and diverse groups of people. The silhouettes are arranged in a grid-like pattern, creating a sense of a large, inclusive community.

Families come in all shapes and sizes

Children join families in many different ways – some are born into them, some live with aunts or uncles or friends or grannies and granddads.

Some children live with foster carers or adoptive parents, while some children live with step parents or with special guardians.

This page was completed on _____

Picture of your foster carers

How many people live with you here?

What are their names and ages?

When did you start living here?

This page was completed on _____

Contact with your birth family

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 are not having any contact do you understand why? Has your social worker spoken to you about this and do they know how you feel about not having contact?

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

Has your social worker spoken to you about the contact you have, how you feel about it, what you want it to be like? Do you see everyone you would like to see, is it often enough or too often?

This page was completed on _____

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.



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.

This page was completed on _____

What other special things do you want to know about yourself?

What day of the week was I born?

What time was I born?

Where was I born?

Who chose my name and why?

What does my name mean?

This page was completed on _____

What did I look like when I was born?

Did I have hair?

Where did I live when I left hospital

Who did I live with?

Was it a house or a flat?

This page was completed on _____

When I was young

What age was I when I started to crawl?

What age was I when I could sit?

What age did I start to walk?

Did I like bathtime?

What age did I start to talk and what was my first word?

This page was completed on _____

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.



This page was completed on _____

Photographs



This page was completed on _____

Photographs



This page was completed on _____

**When I grow up I want
to be ...**

This page was completed on _____

Questions and thoughts

This page was completed on _____

**The things that make me
feel happy and smiley
are:**

This page was completed on _____

Special memories

What special memories would you like to write down?

This page was completed on _____

Celebrations

What celebrations have I been to?

This page was completed on _____

Memories other people have of me

What have people I know said about me?

This page was completed on _____

This page was completed on _____

This publication is available in large print,
Braille or audio formats on request.

Help is also available for people who require council
information in languages other than English.

Please contact 01934 634 579

