**Useful websites for thinking about life story work for all parents!**

**See header below for those specifically related to adoption -**

**Sites that could be useful for life Story Work- tune this into what your child might be interested in if they old enough to participate!**

[**Autobiographies for Kids, Children's Autobiography Books, Inspiring Autobiographies for Students | ParentCircle**](https://www.parentcircle.com/must-read-childrens-autobiographies-for-kids/article#:~:text=8%20Autobiographies%20By%20Children%20Your%20Child%20Must%20Read,by%20Ji%20-%20Li%20Jiang%20...%20More%20items)

**These autobiographies by children may be inspiring to your child. Look out for others as there are many of them.**

[**dayofbirth.co.uk - What day were you born on?**](https://www.dayofbirth.co.uk/)

[**Happy Happy Birtday - Interesting facts about a (your) birthday (happyhappybirthday.net)**](https://happyhappybirthday.net/en/)

**Two sites of interest which are good for simple facts for children on and about their date of birth eg how many hours/days/seconds old they are, birth stones, what animal in the Chinese year they are etc**

[**Today in British History - On This Day**](https://www.onthisday.com/today/british-history.php)

**Information about the year that a child or adult is born in.   This site has lots of information on films, music, politics, sporting events etc in the year of birth of your child. There are sites on this for countries all over the world.**

[**The Meaning and History of First Names - Behind the Name**](https://www.behindthename.com/)

**Information about the meaning of names**

[**Find out what the weather was like outside the day you were born! (sumofus.org)**](http://weather.sumofus.org/)

**Sites that focus on subjects that might come up in life story discussion**

**Winstons Wish** [**Winston's Wish - giving hope to grieving children (winstonswish.org)**](https://www.winstonswish.org/)

**This is a charity for bereaved children. Very helpful information and downloads on site about communicating with children on loss and talking about death.   Looks at bereavement through manslaughter, murder, suicide and advice on grief, funerals and dealing with serious illness.**

**Royal College of Psychiatrists** [**Mental illnesses and mental health problems | Royal College of Psychiatrists (rcpsych.ac.uk)**](https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems)

**Created by the Royal College of Psychiatrists this site describes mental health problems in every day language. It also contains information about drug use and addiction and what different illegal drugs actually do to people.**

**BBC website emotional health** [**BBC - Headroom - Your Mental Health Toolkit**](https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TlXBj/your-mental-health-toolkit)

**Information about emotional health and mental health disturbances**

**Emotional wellbeing sites for issues that might come up for your child:**

**Parent Line** [**Parentline family support and bullying helpline | Family Lives**](https://www.familylives.org.uk/how-we-can-help/confidential-helpline)

**This is a good site for parents with general parenting advice and a free helpline though they are not experts in adoption issues.**

**National Society for Prevention of Cruelty to Children  [ a charity]**

[**What is Child Abuse & How to Keep Your Child Protected | NSPCC**](https://www.nspcc.org.uk/what-is-child-abuse/)

**This has an excellent help and advice section on parenting tips and sign posts to other resources.  Good Fact sheets with questions and answers on abuse and neglect. It provides interesting research statistics on what issues children bring to the NSPCC advice line for children - Childline.**

**Kidscape [ a charity]** [**Help With Bullying (kidscape.org.uk)**](https://www.kidscape.org.uk/)

**A site that seeks to prevent bullying and protect children. There is a section specifically for parents on what to do about bullying. There is information on cyber bullying and on line safety.**

**Young Minds** [**YoungMinds | Mental Health Charity For Children And Young People | YoungMinds**](https://www.youngminds.org.uk/)

**Supports the emotional well being and mental health of young people and empowering their parents and carers. There is also a Helpline (02070895050).**

[**Home | Caspari Foundation**](https://www.caspari.org.uk/)

**This is a charity called the Caspari Foundation for Emotional wellbeing and learning.  It provides Educational Psychotherapy for children and young people who need help to overcome the emotional barriers to learning.**

[**Improving children’s and young people's mental health – Place2Be**](https://www.place2be.org.uk/)

**This site contains information about a school based counselling service dedicated to the emotional wellbeing of children.**

[**The Yellow Kite - DDP Network**](https://ddpnetwork.org/library/yellow-kite/)

**A site that aims to raise awareness of attachment issues and promote inclusion in schools.  the service does outreach work in schools.**

**from all over the world.**

[**Speechmark (routledge.com)**](https://www.routledge.com/go/speechmark)

**An online resource  [with great brochure that you can order] containing lots of practical resources for teachers health professionals and parents.   Relevant areas to life story work covered are early years, speech and language, special needs, social and emotional skills and emotional and mental health.**

[**The Strengths and Difficulties Questionnaire - Free Social Work Tools and Resources: SocialWorkersToolbox.com**](https://www.socialworkerstoolbox.com/strengths-and-difficulties-questionnaire/)

**Informs researchers about what the Strengths and Difficulties questionnaires are.  Useful for anyone who has heard them mentioned in relation to their child.**

**Adoption Related Sites**

[**Life Story Books Guidance (proceduresonline.com)**](https://centralbedfordshirechildcare.proceduresonline.com/g_life_story_book.html)

**Some very good pointers for Social Workers about preparing life story books and reminder of principles that are helpful for anyone creating a book for a child who has been in a fostering situation.   3 pages long in bullet points.  This is part of Bedfordshire County Council’s Children looked After Policy and Procedures.**

[**Beth O'Malley's Adoption Lifebooks | Welcome**](https://www.adoptionlifebooks.com/)

**This site e mails you top tips on creating a life story book and doing life story work.   It also invites you to buy articles and books by its author [ an American] who is an adopted parent and an adopted adult.**

[**www.socialcareonline.org.uk**](http://www.socialcareonline.org.uk)

**Excellent website run by the Social Care Institute of Excellence.  Research and articles available on wide range of societal topics often directly related to the backgrounds of children who have been in care and adopted children.**

[**Adoption Barometer | Adoption UK Charity**](https://www.adoptionuk.org/the-adoption-barometer)

**Surveys with relevant and up to date research into adopted children and their families which gives insights into life story topics**