Exercise

My Life Story

For parents, their own life story will often guide what type of parent they will be. Some people think that because no-one has experienced the same life as anyone else, only an individual can truly understand their own reality.

This exercise gives you a chance to share your life story with your social worker, to help them understand your life experiences up to now and how this has shaped you as a person / parent.

This works best on a big sheet of paper with coloured pens. If this is not practical you can use the template on the next pages. It does not matter how many pages you use.

Your social worker will start by saying **tell me about you life**, the idea being that you will start off with where you were born, who you lived with and what they were like.

Next you will move in order through your story, talking about your school, your feinds, your family and how these things grew and changed.

Try to cover the following:

- · Your early childhood experiences.
- Your relationship with your family.
- · Your friendships.
- Any health difficulties you experienced.
- Your school / work career.
- Your romantic relationships.
- Any hardship or difficulties that you exprienced and overcame.
- Key points when things changed for you.



Somerset Safeguarding Children Partnership

My Life Story



Where were you born? Who did you live with? What were they like? Did you have any siblings? Did your parents work or was money limited?

Do you think it was a scary or safe home to live in?

Did you go to nursery?
Who cared for you
when you were little?
Were you a healthy
child?



How did your Mum /
Dad feel about school?
What do you remember
about how they cared
for you at primary
school?

What were your friendships like in school, did you have children round to play / go to birthday parties?

Where did you go to school, did you like school, did you experience any learning difficulties?



How did things change for you at secondary school? Did you have the same friendships? How did you get on with the teachers?

How were things at home? What changed as you moved into your teenage years? How did your paretns respond? How would you describe yourself as a teenager, in what ways did you change and develop your personality / identity?



Think about bad experiences you have not yet shared. What were they and how did they affect you?

Tell me about your employment history, what was positive and what would you not return to?

Thinking about your romantic relationships. Who was significant in your life and what did you learn from them?



Tell me about your situation at the moment. What are your strengths? What are the things you want to change?

Who can help you make those changes / who will stop you from making those changes?

What have you learned from your life story which will guide how you look after your baby?





Pre-birth: Module 2(a) 2021



