

Life Story Work

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Laura's Story



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Wiltshire Council

The day I met Laura

- Connection
- Meeting her needs
- Listening
- Compassion
- Empathy
- Non-Judgemental
- Building trust

The day Luis was born

Celebrating the birth with her

Giving him a name

Bringing items of mother and child

Giving her control and power – introducing me, opportunity to feel pride.

She is the expert in her child's life

Encouraging her

Supporting her

Talking about foster carers family & home

Parent was in control

Clear communication

Mum being given opportunities to bond

Laura meets the foster parents

Parent taking the lead on updating about child

Encouraging relationship with foster parents

Sharing and listening to her wants

Parent's voice being heard about care for child

Photos, videos and voice notes – helping parent visualise child's environment.

Settling in update

Family Time for Laura & Luis

Remember the firsts

Normalcy for mum

Pride about baby and opportunity to show baby off

Involvement and a say in how family time will work

Including parents in all meetings

Opportunities for communication between parents and foster carers before and after family time

Opportunities to build relationships with the foster family

Regular photos opportunities and support to have experiences together.

Family Time Plan

- Laura would have one of her family times in the community every week. We would support Laura in accessing baby groups or other activities in the community with Luis – this would be supported by a student social worker or me
- Laura would see Luis foster carer before and after Luis family time so she could speak to Lucy who was caring for her child, Laura would be the one that gave his foster carer the update about her child
- Every effort would be made to involve Laura in all Luis's FIRSTS and if this could not happen, then every effort would be made to ensure that every bit of that moment was captured and shared with Laura

Family Time Plan

- In family time at the centre, Laura would be able to use her time with Luis in whatever way she wanted if this was right for Luis
- Every milestone that Luis achieved, this would be celebrated with Laura and Laura.
- Laura would be kept updated around Luis's family time with paternal family, who he was having contact with and how it went.

That Laura and Luis time together was priority for everyone.

Farewell for now

Something normal

Parent having a choice about what her farewell will look like

Clear plan and understanding of what family time would look

Be creative

Honour requests where possible

Be brave

Include birth family at all points

Matching panel & meeting adopters

The parent is never involved in this meeting – crucial to be updated

Updating parents about outcome

Ensure understanding around transitions

Involve parent in the transition planning

Sit with the parents' emotions

Give them time and space to process this significant event

Acknowledge how difficult things are

Roll with resistance and give them time

Understand the gravity & importance of this meeting for the parents and adopters.

Yearly Direct Contact

Preparation for Laura about what to expect

Neutral and comfortable place for all

Agree parameters and boundaries

Acknowledge the potential emotions that might come up

Encourage sharing information about the child's life and about the parents' life

Support the adopters to feel comfortable for the family time to develop and for birth mum to share moments with their birth child.



“When social workers keep their promises it makes a difference, when they do what they say they are going to do, it makes a difference”

“ My social worker rescued me and believed in me in my deepest darkest moments, I’m so grateful to her for asking me to give him a name”

Life Story – Key Tips

Acknowledgement is so important in the journey that you haven with parents, so they feel included and informed, nothing should be a surprise.

Support parents in building a respectful relationship with a foster carer caring for their child.

Ensure they always have opportunities communicate with the foster carers themselves on a regular basis.

Don't forget the small stuff – the little moments that are so important in child's life to share with parents – through pictures and videos.

Life Story – Key Tips

Don't forget the FIRSTS – first bath, first times with solid food etc – try and include parents in this or capture the moments of the firsts.

Be creative, explore opportunities the child can safely have time with their parents and wider family in the community.

Always take pictures, videos and anything that we support the child of understanding and remembering a moment that has been captured.

Respect birth parents' traditions and try and include them in as much possible in the child's time with their parents

Life Story – Key Tips

Taking photo meaningful items that parents and wider family having provided to the child and the reasons for this

Use other support networks the parents have and trust to enable parents to be present and be part of their child's life story.

Give birth parents and families a safe place which is non-judgemental, safe and friendly environment to be in

Laura's Legacy



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Laura's Legacy



Thank you, Laura
X

