

HELPING YOUR CHILD TO COMPLETE THE MYLIFE WORKBOOK

The purpose of the MyLife Workbook is to capture your child's views about their life in the UK, and the things that are important to them.

- Please ask your child to write their answers themselves in their own writing if they can. If they are too young, or find writing difficult, then please just ask them to write whatever they can. You can write down what they say for the rest of the questions.
- You do not need to fill in the whole booklet at once. Just do a little at a time when you have the time.
- If your child has learning difficulties and will struggle with this, just choose a few pages to complete with them, and give them lots of praise when they manage it.
- Please make sure that the words in the book are your child's words – don't tell them what to say. Their voice is very important. You will have a different opportunity to say what you want to say through your legal representatives.
- **Don't worry!** There are no wrong answers.
- This is supposed to be a fun exercise to get your child talking – if they don't enjoy it, they don't have to do it!
- Your child doesn't have to complete every page – you can do as much or as little as you like.
- Some pages might not be relevant to your child or their life – you can just ignore those pages. Or you can turn them over and draw a picture on the back!
- You may feel that some parts of the booklet are not appropriate for your family or your child. Don't worry – just remove them from the booklet and ignore them.
- Some pages refer to family members – if there are several family members just ask for more copies of that page if you need them.