

Autobiography Guidelines

Below is the subject outline to follow in your autobiography. Please fully address these subjects. Your autobiography will be attached to your Family Profile.

In Preparing Your Autobiography

- ✓ Type or write your autobiography on 8 ½" X 11" paper.
- ✓ Three to five pages are preferred.
- ✓ The autobiography does not necessarily have to follow the order of the outline as long as each of the subjects is covered. Write, as you feel most comfortable.

Items to be Discussed in Your Autobiography

- Name, Age, Place of Birth, Where Raised, Nationality, Religion
- Describe Relationship(s) with Parent(s), Sibling(s) and Extended Family
- Describe Relationship(s) with your child(ren), if applicable
- Highlight Significant Life Experiences- accomplishments, struggles, losses, marriage/partnership, infertility and how you handled each

Focus of Your Autobiography

The focus of your autobiography is for you to think about how your life situations and experiences, as well as your knowledge, gains, and insight from the Family Preparation Training activities, have affected your beliefs and feelings on the following subjects:

- How has the Family Preparation Training you have gone through impacted your beliefs and attitudes about parenting a child who has special needs? Discuss your reasons for wanting to parent a child with special needs. Discuss how your beliefs and attitudes have changed from the time you considered permanency for a child with special needs until the completion of the Family Preparation Training.

- Explain your awareness of the “special needs” of a child that has been or will be placed with you from the child welfare system. Name resources you already have that can assure a successful placement and how you will use these resources. Name additional resources that you think you will need to successfully parent a child with special needs.
- Address ways you deal with stresses in your life and how you solve problems. Discuss losses you have had in your life and how you dealt with them.
- Address how your interactions as a family will be or have been impacted by the placement of a child with special needs. Identify the attitudes of immediate and extended family members about your decision to parent a child with special needs. If applicable, how do the children currently in your immediate family feel about adopting/fostering another child? Explain how your family system will change or has changed with the addition of a special needs child.
- Discuss your methods for disciplining a child.
- Discuss how the makeup of your home and community will affect your child with special needs.