**Why Life Journey Work is important?**

All children in Wales, who are unable to be cared for by their birth families, need to have an understanding of their family history and of their unique journey.

Life Journey Work is designed to help a child make sense of their past and understand their current situation in order to help them to move into the future.

Life Journey Work should support the child’s identity, promote self-esteem, help give the child a sense of belonging, wellbeing and support good mental health.

Life Journey Work provides:

* An opportunity and a structure for the child to explore their emotions and talk about painful issues
* Children with important factual information
* It provides a narrative / explanations for the Child
* It preserves memories.

Taken from the National Adoption Service (NAS) Life Journey Work Good Practice Guide.

[](http://www.adoptcymru.com/home)