

This is My Life

Some children do not grow up with their birth families. There are many different reasons why this can happen. Whatever reason it is that you are not living with your birth family, it is not your fault.

In this section, you can share your thoughts and feelings and memories of your birth family, including your birth parents, brothers or sisters, grandparents, aunts and uncles. It is also okay if you don't remember anything about your birth family. You might want to ask someone to help you fill in some of those blanks.