

**My
Back & Forth
Book**



This is me right now...

Date:

Age:

What I like:

My favorite book:

My favorite song:

A typical day for me includes:

My favorite thing about you:

What is a back and forth book?

Well, it is a way for you and me to keep in touch!

I'll write down what I've been doing since I last saw you, and you can write down things you want me to know or even questions you may have for me or my foster family. It'll be fun!

I'll also include pictures of myself - if there are any you want to take with you, just tell me so in my book and I can make you a copy! I'm giving you a camera, so you can take pictures of yourself this week and then I can put some in this book and some in my room. I love you soooo much!

Love,

Date:

Since I Last Saw You...



Today We...

Things you'd like me to know, or questions for my caregiver:

Answers for you: