**LIFECOURSE WEBSITES**

CityMatch Lifecourse Tool Box

<http://www.citymatch.org/projects/mch-life-course-toolbox>

LifeCourse Paper

<http://www.hrsa.gov/ourstories/mchb75th/images/rethinkingmch.pdf>

LifeCourse Summary

<http://www.mchb.hrsa.gov/training/documents/LifeCourseResourceSheet9-2010.pdf>

LifeCourse Webcast

<http://learning.mchb.hrsa.gov/archivedWebcastDetail.asp?aeid=527>

LifeCourse PPT <http://elearning.mchtraining.net/file.php/23/Life-Course_Presentation.pdf>

AUCD LifeCourse information

<http://www.aucd.org/template/page.cfm?id=768>

MCH Navigator-LifeCourse

<http://navigator.mchtraining.net/?s=lifecourse>

**LIFECOURSE ASSIGNMENT**

Phase #1: Draw your own lifecourse. What were your circumstances at birth? What happened at critical points? How did these help or hinder your development. What were the biological, psychological and social influences at each stage?

Phase #2: Take a friend or patient who has perhaps has had signficant challenges in life. Draw his or her lifecourse, as described above. Then compare and contrast the two lifecourses. What might have happened at a critical point in one of your lives that would or could have altered the outcome? What still could be done to improve outcomes