

I'm embarrassed

- It is normal to feel a bit embarrassed when your dad is released.
- You might feel you don't want to talk to anyone.



Other feelings

- Like your dad has changed.
- Confused, shocked or angry.
- Betrayed or guilty.
- Lonely, upset or depressed.
- Worried about the future.

However you feel, it's not your fault!

Useful contacts

Families Outside Support and
Information Helpline:

0800 254 0088

Text service: text Famout followed by
your message to 60777

E-mail: support@familiesoutside.org.uk

Childline: 0800 11 11

Child Law Centre Under 18s Helpline:

0800 328 8970

NSPCC 24-hour Child Protection
Confidential Helpline:

0808 800 5000

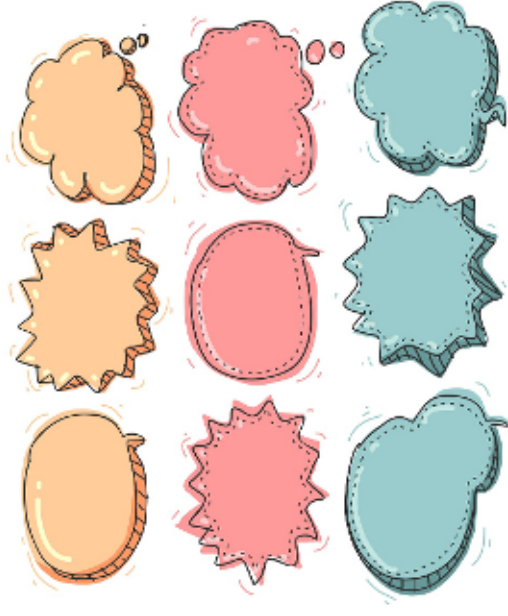
Assisted Prison Visits Unit:

0300 063 2100

Other Local Children's Social Work
Departments:

Contact details can be found on-line.

Thoughts and feelings



Advice and guidance for children with a father being released from prison

This guide was produced by men in custody, children who have experienced parental incarceration, Lancashire and

South Cumbria Prisons and the Lancashire Violence Reduction Network.

I'm used to life without dad

- You may have got used to life without your dad.
- You and your family might have learned to live on your own and cope without him.
- Sometimes it can be really hard for you once you hear that he is coming home.

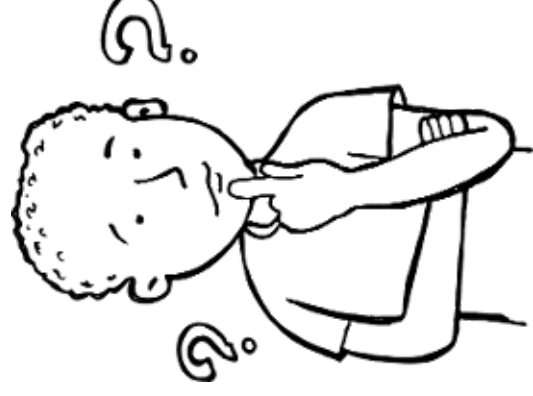


Mixed feelings

- Your feelings might become mixed up - this is normal.
- Some people will be really happy that their dad is coming out of prison.
- Other people might not feel so happy about the news.

Feeling worried

- You might not have seen your dad for a long time.
- It is normal to feel strange about meeting him again.
- You might be worried or nervous.
- You might even be scared for your family or yourself.
- You might be worried that he could commit other crimes.
- This can cause lots of anxiety.
- It's okay to feel like this.
- Your dad is also likely to be nervous.
- Your dad might not be allowed to contact you.
- There will be a good reason for this.
- Adults put plans in place to make sure that you are safe and supported.
- Try not to worry too much there is always someone who can help.
- If you feel worried or scared, you can always talk to a family member, friend, teacher or call a special helpline.
- Some good examples are on the back of this leaflet.



How can I help you?