

How else might I feel?

- Very emotional and upset.
- Like you can't cope without your dad.
- Like you want him back.
- Like you are being punished because you don't get to see him when you want.
- Confused, shocked or angry.
- Betrayed, guilty or embarrassed.
- Worried, upset or depressed.
- Concerned about the future.
- It is natural to feel overwhelmed and not feel yourself.

However you feel, it is not your fault!

What can I do?

- Try to talk to a family member, a friend, a teacher or another adult about how you feel.
- There are some useful phone numbers on the back of this leaflet.

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

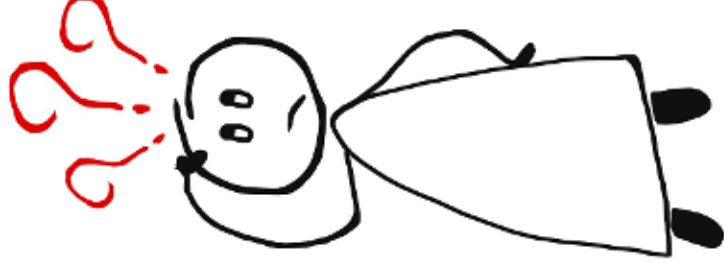
Assisted Prison Visits Unit:

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 in prison**

Introduction

- Every year parents are sent to prison for lots of different reasons.
- This can be extremely traumatic, isolating and stressful for children of parents who are sentenced.
- A parent being sent to prison is likely to affect all children.
- Even very young children and babies who don't understand what's happening.
- They might pick up on the anxieties and emotions of the adults in their lives and know that all is not well.
- Older children may be just as upset.
- Some children may feel okay.
- Children may want to talk about the situation when adults think the timing is 'inappropriate'.
- This is something that parents should be comfortable addressing.

This guide

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 worried about my

dad

- When you dad goes to prison it can be really hard for you.
- Try not to worry about him.
- There are lots of people that will look after your dad and make sure he is safe and healthy.



I miss my dad

- Sometimes you might feel lonely.
- You might miss your dad.
- Remember there are lots of different ways that you might be able to keep in touch with him like letters, phone calls and using the e-mail service.

