

When A Parent Or Loved One Goes to Prison



Preschool-Kindergarten



Many children all around the world have a parent or other loved one in prison.

Sometimes kids have lots of questions when someone they love is in prison.

Maybe you don't have someone you love in prison but you still may have questions:

What is it like there?

When will you come home?

Do you miss us?

Is it my fault?

Do you still love us?

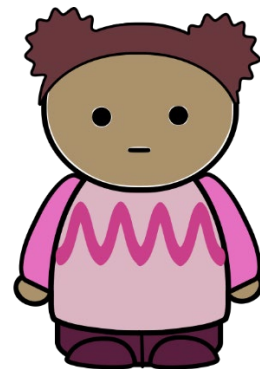
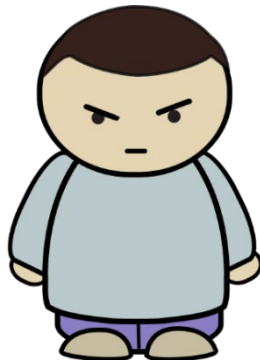


What questions do you have?

Sometimes a parent or other loved one goes to prison for a long time.



This might make you or a friend feel sad, mad, or worried. It is okay to have any of these feelings.



How Are You Feeling?



HAPPY



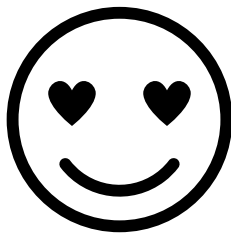
SURPRISED



SAD



MAD



LOVED



WORRIED

Visiting a parent or loved one in prison can feel a little strange. Here are some things to think about or talk about with someone you trust before you or a friend go:

- Your loved one may have a different hairstyle and be wearing different clothes



- You may have to ride in a bus or a van to get to the prison



- You may have to wait in a line for to see them



- There may be special rules about touching or hugging



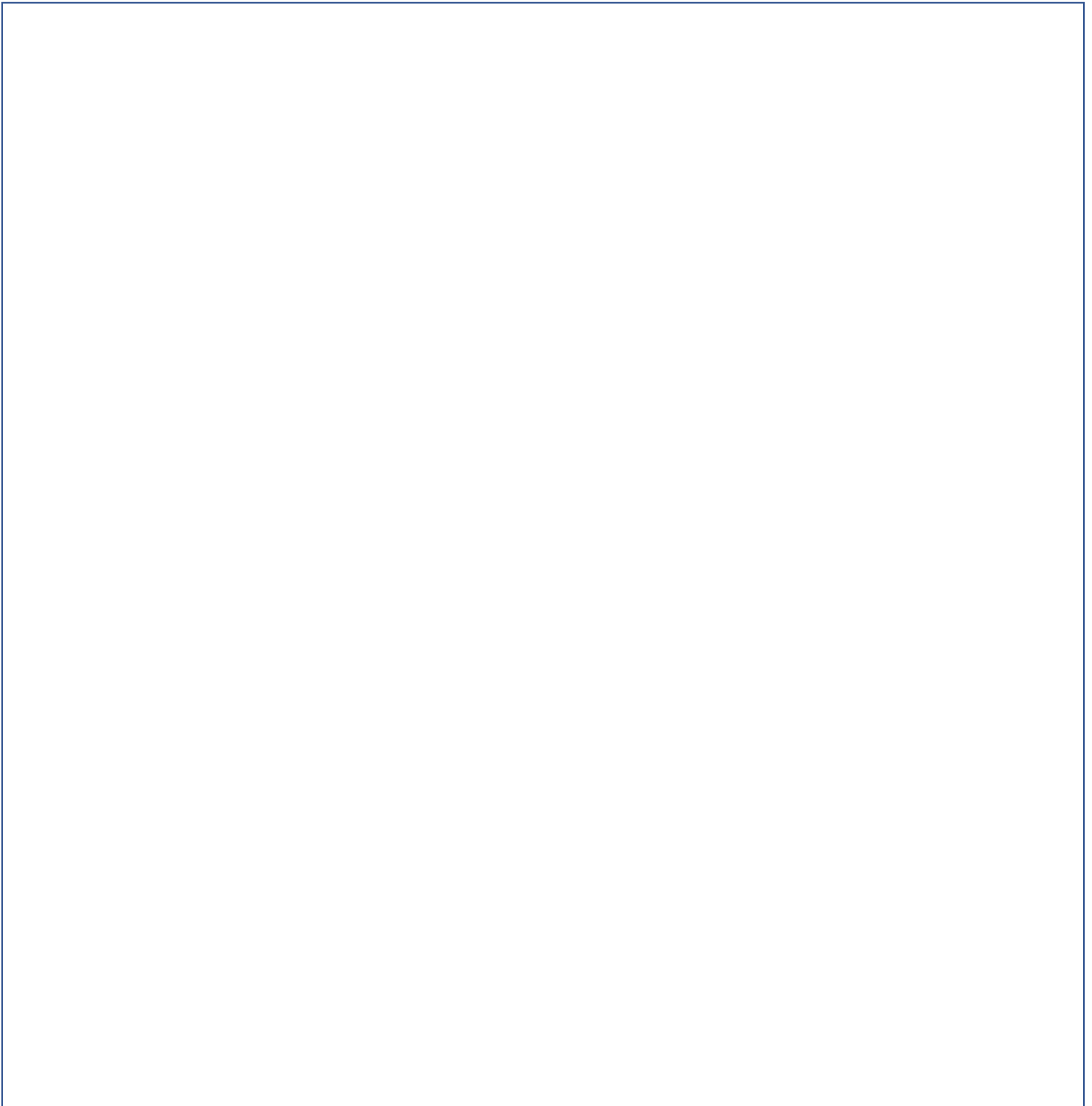
- Saying goodbye at the end of a visit can be hard.



Sometimes you or a friend may feel nervous or shy when you to visit someone in prison and that's okay. It's a good idea to think about things you want to tell your parent or loved one, and even practice saying them to someone else, before you go.

Drawing and coloring can help to show how you feel about someone you love. Sometimes people in prison use art to express their feelings too. Many people use art to feel better.

Can you draw a picture for the person you love?

A large, empty rectangular box with a thin blue border, intended for a drawing. It occupies the majority of the page below the text.

The art at the "Changing the Course" Art Exhibit was created by people who have been in prison or who are in prison now. They use art to express their feelings about themselves, their families, and their experiences. Their artwork gives them and us hope for the future.

Creating art can give you hope, too





Books for Young Children:

Far Apart, Close In Heart: Being A Family When a Loved One is Incarcerated by Becky Birtha

Visiting Day by Jacqueline Woodson

Mama Loves Me From Away by Pat Brisson

The Night Dad Went to Jail: What to Expect When Someone You Love Goes to Jail by Melissa Higgins

Books for 7-12 Years:

When Andy's Father Went to Prison by Martha Whitmore Hickman

Clarissa's Disappointment: And Resources for Families, Teachers and Counselors of Children of Incarcerated Parents by Megan Sullivan

What Do I Say About That? By Julia Cook and Anita DuFalla

Books for Teens:

An Inmate's Daughter by Jan Walker

Wish You Were Here: Teens Write about Parents in Prison by Autumn Spanne

Harbor Me by Jacqueline Woodson

Additional Resources for Grown Ups:

<https://sesamestreetincommunities.org/topics/incarceration/>

<https://youth.gov/youth-topics/children-of-incarcerated-parents>

<https://nicic.gov/projects/children-of-incarcerated-parents>

<https://nij.ojp.gov/topics/articles/hidden-consequences-impact-incarceration-dependent-children>

<https://www.childwelfare.gov/topics/supporting/support-services/incarceration/>

<https://www.prisonfellowship.org/resources/training-resources/family/ministry-basics/faqs-about-children-of-prisoners/>



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