

## Parents in Prison



**Barnados** - know that children who have a parent in prison can feel isolated and ashamed - and most feel unable to talk about it because they're scared of being bullied.

They're also more likely than other children to have mental health problems and to get in trouble with the law themselves as they grow up.

These children are often left in the shadows, their needs forgotten, and this can have devastating impacts. Despite their situation, they are locked out of the support they need to give them a better chance in life.

Barnardo's is one of the few organisations to help children with a parent in prison. *Barnados* run training services for professionals as well as services in the community and in prisons to help maintain contact and support family relationships.

<https://www.barnardos.org.uk/what-we-do/helping-families/children-with-a-parent-in-prison>



**Sesame Street in Communities** - An American based site but worth a visit for advice and videos on how to talk to children about a parent in prison. As described on the website: The incarceration of a loved one can be overwhelming for both children and caregivers. Because of the feeling of stigma, it takes special effort to start important conversations and answer kids' questions. But parents can comfort children and guide them through difficult moments just by talking. With love and support, the family can cope with the challenges of incarceration together.

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