

Tips for managing hard conversations

SAYING NO

There might be times you need to say no to a request by your partner.

- Be clear about your reasons for saying 'No'.
- Be firm and assertive.
- Remember, you are not saying no because you don't care about your family member in prison. Your child relies on you to make good decisions.
- It can be harmful if your child regularly hears negative comments about a family member. If a communication breakdown occurs, you have a duty to protect your child from negative situations.

PERCEPTION FROM THE INSIDE

- It is common for family members in prison to get distrustful, paranoid or jealous that you are having a good time without them.
- Accept this is their view, and when you can, reassure them that you still want them at home.
- If you feel under a lot of pressure, you may need to stop visiting or accepting calls until you feel better. Communicate your reasons so they understand.
- If you find communication with your partner is getting to you, please find support like a friend or counsellor to talk to.

