

Visits



Why contact matters for children

Children need to have some contact with their parent in prison (when it's safe) for their relationship to continue meaningfully.



A relationship with their missing parent will help children adjust to the separation and heal.



Visits can make it easier for your child to adjust when the parent comes home.



Regular visits help give your child a routine and a sense of security.



Any contact helps stop children from feeling alone or abandoned.



With support, most children quickly adjust to the strangeness of prison visits.



It is often more confusing and upsetting for children to never see their parent.



Children might have seen movies or TV shows about prisons or been told things by other children, and if they do not get to visit, they will try to imagine how mum or dad are living.



Children are reassured by seeing with their own eyes.



There are many reasons why visits might not be practical for your family. Try to stay in contact in other ways, such as video visits, phone calls, and letters—see **Ideas for Staying Connected**.