

Visits

Deciding how often to visit



If your child has a close connection with a parent, we recommend visiting regularly at first if it is practical.



After a few weeks, we recommend visiting less often because your child must also be able to do normal things and not spend every weekend at the prison.



It is important to **ask your child how often** they want to see their mum or dad.



There may be **special days with extended visits** for children during school holidays. Try to make these a priority.



If your child is struggling, they may need to see mum or dad more often (seek professional help if you are concerned).



Sometimes, children have so little to say during a **telephone conversation** that you may feel it wasn't worthwhile. But just hearing their parent's voice, even for a short time, can be more reassuring than it seems.



Visits

When you shouldn't visit

Children need to be able to say they do not want to see their parent.

They may change their minds later.

Most children are reassured by seeing their parent, but in some cases, visits are not recommended.

These include:



If your partner is in prison but is not your child's parent, it may not be helpful for your child to visit them.



If your child and the parent did not see each other much before



If your child is scared of their parent



If you know your child's parent has been injured, it is a good idea not to let your child visit because they will worry.



Legal reasons

