

# MY DAD IS IN PRISON

Helpful learning book  
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# MY DAD BROKE THE LAW



My Dad broke the law.  
Breaking the law, is when  
you get in trouble with  
the police.

# BREAKING THE LAW HAS CONSEQUENCES



My Dad broke the law;  
When you break the law,  
you must face the  
consequences. When you  
break the rules at home  
you must face the  
consequence as well. But  
in dad's case it is more  
severe and he has to  
serve time in jail.

# HOW I CAN KEEP IN TOUCH WITH DAD



I can keep in touch with Dad  
by;

Writing letters

Sending art,pictures,notes

Dad can call me on the phone.

visiting him when and if i'm  
aloud to

Ask Mom about Dad

# IT'S NOT MY FAULT DAD WENT TO JAIL



I should not blame myself, I understand Dad broke the law and is facing the consequences in jail.

Nothing I did made this happen

Dad made some bad decisions, and is learning from them.

# IT'S OKAY TO HAVE FEELINGS



I may have a lot of different feelings, and that's okay. I may feel angry, sad, alone, scared. And that's okay.

It's okay to feel happy still, your life will continue, and you will still be thinking of Dad. Even while having fun with family and friends, you're aloud to! You can keep Dad updated on the things you do everyday, by writing letters and share the happy times with Dad, he would enjoy that!

# WHEN I'M HAVING A HARD TIME



When i'm having a hard time with my feelings, i should talk to someone. Someone important to me that i know will support me, this could be my mom, grandparents, Brothers and sisters. A child and youth worker at my school, they will help me when i'm sad, mad, scared, worried, and confused.

Even talking to Dad about these feelings may help.

# SUPPORTS IN MY COMMUNITY I CAN GET HELP FROM

- Counselling Services of Belleville & District  
(613)966-7413
- Children's Mental Health Services  
(613)966-3100
- Kids Help Phone  
(1800)-668-6868 or Text 686868