

Visiting Prison With Your Child

Visiting a parent or relative in prison is one way a child can stay in contact with them. Carers can help children to cope with separation by making it possible for them to visit their parents or relatives in prison. If you have not been to a prison visit before, you may find it helpful to make the initial visit on your own so that you will know what to expect. This may make it easier for you to prepare the child/ren to visit.

Preparing children for a visit

It is important to prepare the child for a prison visit, especially if it's their first time. Prisons can be frightening places. Talking to the child/ren about the journey and what it is like when they arrive at the prison may help. Some children may not want to visit and they should not be forced, but talking to them about why they feel that way can help to reassure them.

Explaining what will happen when they arrive may help to ease some of their worries:

- They may have to wait for a while
- There will be security procedures and visitors may be searched
- There will be a lot of people in uniform
- Doors will be locked
- There will be a lot of other people visiting
- Visit rooms can sometimes be noisy and busy places.
- The parent/relative will have to stay behind when you leave.

You may want to find out what facilities are available at the prison such as:

- Are there play facilities in the Visitors Centre or prison visits room and when they are staffed?
- What types of visits are available e.g. bonding visits, family visits?
- Is there anything for older children to do?
- Can the children touch their father and move around?

- What can the children take in e.g. pictures, photos, and letters?
- What about pushchairs, nappy changing and feeding?

Staff at the Visitors' Centre in Edinburgh may be able to help with these questions or you can contact a Family Contact Officer who is available at each prison to assist families with any queries.

The Visit

- You may find it helpful to plan your journey, especially if you are travelling a long way. It can be an anxious time as the visit draws near.
- Visits are different at each prison and the length of the visit can vary. Tell the child/ren how long the visit will last.
- When you arrive in the visits room take time to settle the child/ren. If there is a play area take the child there before the visits starts, so that they know it is safe for them to go again themselves during the visit.
- Try to make sure the child/ren get special attention during the visit.
- The time may go very quickly and leaving their parent/relative at the end may be very difficult. They may need reassurance about the next time they can be in touch, perhaps by another visit, telephone or letter. Planning when and how that will happen is important.
- Let the child/ren know that it is OK to show or to talk about how they are feeling at or after the visit.

After the Visit

- It is likely that after a visit everyone will be a bit tired and may feel stressed. The child/ren may be feeling sad that they've had to leave their parent/relative behind. They may feel angry if the visit wasn't as they expected.
- It is important that you allow the children time to talk about what's happened. Don't worry if they are upset. Try to see this as a healthy way of expressing feelings rather than having to bottle it all up inside.
- Pay attention to the child/ren's behaviour after the visit. If it is different or unusual for them it may be their way of letting you know they need you to listen to them.
- All children will cope with things differently. If you feel they are not coping with what's going on you may want to consider extra help or support for them.
- Your health visitor or GP may be able to suggest who to contact for specific advice.
- It may also be helpful to talk to their teacher if they are at school about what is available there.

Some organisations who may be able to help are listed here. You may find it helpful to talk to someone who is outside your own family.

- **Families Outside Support & Information Line**

Tel: 0500 839383

email: admin@familiesoutside.org.uk

www.familiesoutside.org.uk

Free confidential helpline for anyone with a relative in custody in Scotland

- **Parentline Scotland**

Tel: 0808 800 2222

www.parentlinescotland.org.uk

- **Lone Parent Helpline**

Tel: 0808 801 0323

Mon - Fri 9.30am – 4.30pm

- **Citizens Advice Bureaux**

www.adviceguide.org.uk

Gives advice and information on a range of issues e.g. benefits, housing etc. Your local office will be listed in the phone book.

- **Childline**

Tel: 0800 1111

www.childline.org.uk

Freephone Helpline for children and young people in distress or with any problem

- **Samaritans**

Tel: 08457 909090

www.samaritans.org.uk

Provides 24 hour confidential and emotional support Helpline for anyone in crisis.

- **Stepfamily Scotland**

Tel: 0845 1228655

www.stepfamilyscotland.org.uk

Monday & Tuesday 2-5pm

Thursday & Friday 9-5pm

- **Young Minds: Parents Information Service**

Tel: 0800 018 2138

www.youngminds.org.uk

Free confidential helpline providing info and advice for any adult with concerns about the mental health of a child or young person

- **Enquire**

Tel: 0845 123 2303

www.enquire.org.uk

Enquire is the Scottish advice service for additional support for learning. They have both a Helpline and website for parents and practitioners, as well as one for children and young people.

We would like to thank Barnardo's, Northern Ireland for granting permission to Families Outside to reproduce excerpts from their booklet "Supporting a Child when a Parent is in Prison".