

ACTIONS YOU SHOULD TAKE WHILE INCARCERATED

TO MAINTAIN A PARENT-CHILD RELATIONSHIP

After you are released, you will have to prove to the judge that you are fit to be a safe parent and one way to do this is by proving that you care about what happens to your child. You should keep a record of all of the following.

WRITE

You should attempt to write letters to your child as much as possible and save copies of those letters. If your child is too young to understand letters, draw pictures.

BE INVOLVED

Be involved in your child's well being as much as you can. Ask to see your child's report cards. Also, ask about your child's health appointments.

IMPROVE

Attend classes, groups or meetings that are provided to help you be a better parent and a better person. Do so whether you are court ordered to attend or not. Ask teachers and counselors of any of the programs you complete to write letters about how you did.

CALL

Make phone calls to your child. If your child is too young ask the caregiver to let him/her hear your voice and for you to hear theirs.

GIFTS

A gift does not have to be extravagant. It can be something you make in a class or something you ask a friend/relative to send to your child on your behalf (even letters!). Try to remember birthdays, holidays, and special occasions.

ACT

Do something! Actions speak louder than words. If you are unable to provide full monetary support, provide whatever you can whenever you can.

ATTEND ALL COURT HEARINGS!

It is important that you attend all court hearings, that you have been ordered to attend, regarding your child and their care. Not attending these hearings can be taken as evidence that you waive your parental rights which can lead to termination of your parent-child relationship.