

“Daddy Love”

My dad is tall
Although I fall
When he sits in a cell
It rings a bell
I caused it myself
It is damaging my mental health.
Aaron. Aged 11yrs.

“Good from Bad”

My dad being in prison, personally changed me for the better.
Every event that’s happened in my life has made me realise that it all happened for
a reason.

I wouldn’t be where I am today.
I wouldn’t have gone to Switzerland or been in a documentary.
As weird as it sounds I sometimes thank my dad
For being as stupid as he is
Because him being stupid got me where I am today.
Him being stupid changed my view on life.
It proves all the good that comes out of the bad
Even if it is like having a piece of my heart missing.
I know I have friends and family to support me.
It can be like a mask with a fake smile.
Alex, Aged 13yrs.

“What happens when a parent goes to prison?”

You find out.
You get sad.
You go on visits.
They get day visits.
They get night visits.
They come home.
Remember, everything’s okay!
Savannah, Aged 8yrs.

“We’re like strangers”

3 years ago, I was angry, confused and sad about my dad,
Knowing my dad got put away made me very mad.
If I was to see him today I would be really shy, but why?
I know why, because we're like strangers.
Every time I see him I get a little smile,
Knowing that we're family can make me a bit happy
And now I know what I want to be.

Peter, aged 12.

“The sound of sirens”

When I was 4 my mum and dad were sent to prison.
I remember the sound of sirens and lights flashing in.
Me and my brothers we were sent back to my nans house.
My brothers were crying but I was too young to understand.
So I got bought up by my nan and grandad.
My dad got released 3 years later when I was 7 years old.
When he came out I started to understand about the situation.
I felt like I was going to cry when he came out because I was so happy.
My other grandad died later on in my life.
I stayed off school because I was that sad.
My mum came out just before Christmas.
I was happy but I was scared because my mum and dad broke up.
So I was hiding in my bedroom.
Every time my dad walked into the house I would pretend to be fine
when I was actually upset.
I would play on my ps4 with my mates and look forward to school.
Because I was just too upset, I didn't feel like I could talk to anyone.
I wouldn't be where I am today if it wasn't for Lorna's groups.
They have helped me through this horrible journey.
Also, Red Ninja have helped me on my way and for that I am thankful.
I don't want other kids to go through what I have gone through.

Callum, Aged 11yrs.

“7 years old”

I was only 7 years old when I was told my dad would be locked away
There was lots of talk, there still is today.
It's now 4 years later and my feelings are greater
I was disappointed but worried, it was all a bit hurried.
I go to see my dad on a visit but how far is it?
Used to be 3 hours but now it's only 1 hour
I think the guards have too much power
I was 4 minutes late and they shut the gate.
I was 7 years old when I was told my dad would be locked away
But that has made me the person who I am today

Macey, Aged 11.

“Dear mum”

Why are you living in locked up doors?
I never see you because your behind high brick walls
Why don't I see you everyday?
There must be a reason you've gone away
Even though it's all broken I know I still have a home
But then again I'm all alone
I'm suffering with this built up facade
And people are beginning to feel alarmed
Tell me why someone else can't live this life
It kills me knowing you can't put me to bed every night
To this day I'm infatuated by my memories
The ones with you are so necessary
These moments are my walls
Which are bigger than them locked up doors
My experience is a question to be answered
Which I did these past nine years that I've counted
There is just one thing I weary
Never feel guilty for this unexpected journey
I have opportunities of a lifetime
What you did for me was far from a crime
It made me the person I am today
Even though you went away
I wouldn't change it in any way
We became one you and me
And forever your qualities will be the only thing I allow people to see
You want to know how I feel when you went away
The answer is, in so many different ways
I can't define what you've done for me
But one thing you will always be is my mummy.

Olivia, aged 17.

“I have a memory”

It's not comfortable to have a parent in prison.
That's what I think
I have a memory that my dad still lives with me.
But it is not like that.
Its uncomfortable to have a piece of your heart missing.
But not forever.

Lauren, aged 9.

“Horrible Selling's”.

It is uncomfortable to go through it.

But sometimes you do get through it.

I haven't yet.

Cerys, aged 6.

“Snakes and Ladders”

A parent in prison isn't that bad.

The child who has come to face this situation

Can sometimes go on visits.

Visits aren't all that bad either.

You can have Family Days.

Although you can have normal visits.

The parent in prison can start a game

Of Snakes and Ladders.

Your emotions go up the ladder.

And then when you find about the parent

The snake stops you.

Abbie, aged 11.

“Carry on with your life”

Don't feel sad about the parent being away.

Carry on with your life and don't worry about the bad reasons.

People start to pick on you and call your dad mean things.

You get on with life but you still think about the parent.

You tell your 'best' friend and they tell everyone.

You start to worry and think it's your fault.

You go on visits and see the parent but you're still upset.

You're worried your parent hasn't stopped their bad actions.

Don't feel sad about the parent being away.

Carry on with your life and don't worry about the bad reasons.

Kyra, aged 10.