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*A Parent's Message, An Interactive Program Supporting Parent-Child Bond,
The first step toward REUNIFICATION*

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CATCH THE



BIG
MESSAGE

I love you!

And, some small messages too . . .

I will be sending more messages your way! I'll wait for you to send messages to me!



Hi, I'm sending two messages your way.



A Parent's Message #1: Laws and rules are intended to keep us safe. Laws and rules set the limits for responsible choices and behaviors which impact the lives of everyone. Choosing to disobey laws and rules has consequences.



A Parent's Message #2: Adults set rules for children. These rules keep children safe and teach them to act in a responsible way. Time-out helps children think about the choices they have made.

I've been thinking about these messages. I like to make Reminder Notes to help me focus on the messages and to help me remember them.

A Reminder

- ✓ Send a Message to

A Reminder

- ✓ Be Honest

A Reminder

- ✓ Be Fair

A Reminder

- ✓ Be Responsible

A Reminder

- ✓ Be a Good Citizen

A Reminder

- ✓ Tell ___ "I love you"
- ✓ It's fair to keep in touch
- ✓ I will be a responsible parent
- ✓ I will be a good citizen and post Reminder Notes only in my own space



Hi, I'm sending some messages your way.



A Parent's Message #3: Sometimes good people make poor choices. They break laws or disobey rules. The person breaking the law is held responsible for their behavior.

I made poor choices. I am responsible for the poor choices I made.

I am learning to make good choices. Choices have consequences. Good choices result in good outcomes. Poor choices result in poor outcomes.

This plan will help me to make good choices.

Poor choices happen like this - Something happens
Automatic thoughts, feelings, reactions
React with action

Good choices happen like this - Something happens
Automatic thoughts, feelings, reactions
STOP - THINK
EXAMINE CHANGE IN THINKING
CONSIDER CHOICES OF ACTION
Make a good or better choice
Act on good choice



STAY STRONG

To make good choices which result in good outcomes, you need to practice . . .



being strong,
being in control of your feelings, and
being able to T H I N K before taking action.

Dear

When I think about you, I want to make good choices which result in good outcomes. I miss you while I'm away. I love you.

DIRECTIONS:

- Read Message #12
- Go to Pg 106-Record #12 BEFORE feelings
- Do the Worksheet
- Go to Pg 106-Record #12 AFTER feelings



A Parent's Message #12: When our feelings are strong, we feel we need to “let it out.” It is important to be considerate when we let out our feelings. We must choose to let out our feelings in ways that help us feel better, but in ways that don't hurt others.

When I'm Feeling	I usually let it out by	Does this hurt others?
Sad		
Angry		
Pushed		
Held back		
Others against me		
I need to do better		
I have no friends		
Dumb		
Picked on		
Appreciated		
Not appreciated		

DIRECTIONS:

- Pick three Feelings
- Think about your usual way to “let out” these feelings
- How else could you express or “let out” these feelings to not hurt others?

Feeling #1 _____

Better way to express or “let it out”: _____

Feeling #2 _____

Better way to express or “let it out”: _____

Feeling #3 _____

Better way to express or “let it out”: _____



DIRECTIONS:

- Tell me what you **T H I N K** when you want to show you are strong and being cool, calm, and collected

I am calm when _____

I am in control when _____

I am able to do well because _____

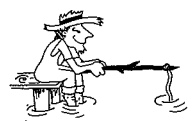
I am able to achieve great things like _____

I am learning new things like _____

I am finding solutions to problems like _____

I know I am "in charge" of me because _____

I know I am loved because _____



DIRECTIONS:

- Read Message #18
- Go to Pg 106-Record #18 BEFORE feelings
- Do the Worksheet
- Go to Pg 106-Record #18 AFTER feelings



A Parent's Message #18: I am your parent now. I will be your parent as you grow up. I will always be your parent. I love you now. I will always love you.

Think about yourself. Think about your child. Think about yourself as a caring parent to your child.

What words describe you now?

Today I am _____

What words describe your child now?

Today my child is _____

As a caring parent I want to tell my child

As a caring parent I want to help my child

As you look ahead, what do you want to do as a parent for your child?

DIRECTIONS:

- Read Message #21
- Go to Pg 106-Record #21 BEFORE feelings
- Do the Worksheet
- Go to Pg 106-Record #21 AFTER feelings



A Parent's Message #21: When you visit, we can spend time talking, sharing, reading a book, or just being together for a little while.

Someone may be able to bring your child to visit you. A child's visit is a very emotional experience for you and for your child.

You should prepare yourself for the visit. You will be getting to know your child again after a separation. Being prepared will help to make the visit a happy time for both of you.

Write some things you want to say to your child:

Write some things you want to do with your child:

Write some caring thoughts you want your child to take away:

Write some things you want to say to let your child know you are OK:

A Parent's Message was written for you.

Each message dealt with important things you shared with your child while you are away.

The lessons in each section of the book were written to guide your thinking about being a parent to your child.

The lessons were written to help you make a most important change in your thinking about yourself: to identify yourself as a parent not as an offender.

This change is the beginning for you to:

- See yourself in the role of a parent
- Take responsibility for your actions as a parent
- Admit that a caretaker is now acting for you
- Acknowledge your child's caretaker as his/her family
- Interact with your child as a parent
- Listen to your child's expressions of self and feelings
- Guide your child as a parent
- Commit to parent your child positively while incarcerated
- Plan goals and steps to achieve your future as a parent

In Section Four - Evaluation, you keep an on-going record of your feelings and reactions to each message (when you first read each message) before you do the Worksheets, and again, after you have completed the Worksheets.

When you have completed all of the lessons in *A Parent's Message* (the whole book) complete the Summary page.

Evaluation of the changes you have made as a result of your work doing the lessons in *A Parent's Message* book is very important. Evaluation helps you to learn what "works" for you.