My Missing You Map

My grown up is in jail or prison for a while. It is okay to miss them.

Name: _____ **Date:** _____

1 How I feel right now

Tick all that fit. Mixed feelings are okay

- [ ] Sad
- [ ] Angry
- [ ] Worried
- [ ] Lonely
- [ ] Confused
- [ ] Embarrassed
- [ ] Relieved
- [ ] Okay sometimes

2 True things to remember

Tick the ones I want to remember

- [ ] It is not my fault
- [ ] I can love them
- [ ] I can ask questions
- [ ] I am not alone
- [ ] Feelings can mix
- [ ] I choose who I tell
- [ ] I am cared for
- [ ] I can still have fun

3 All about my grown up

Write or tell a grown up who can write it for me

Who I miss: _____

A favorite memory with them: _____

Something I want to tell them: _____

A question I have: _____

4 Draw us together

Draw a time we were together, or a time I hope for

Me and my grown up:

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My Staying Connected Plan

Ways to stay in touch, who I can tell and my feelings week.

Name: _____ **Date:** _____

1 Ways to stay in touch

Tick the ones my grown ups say I can do

- ☐ Draw a picture
- ☐ Write a letter
- ☐ Phone call
- ☐ Video visit
- ☐ Visit in person
- ☐ Send schoolwork
- ☐ Look at photos
- ☐ Mark a calendar

2 Who I can tell and what I can say

My story is mine. I choose who hears it

Grown ups I can talk to: _____

At school I can talk to: _____

If kids ask, I can say: _____

3 My feelings week

Color a box each day. There is no wrong answer

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I missed my grown up	☐	☐	☐	☐	☐	☐	☐
I talked or drew about it	☐	☐	☐	☐	☐	☐	☐
I did something that helped	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Honest words, steady care, follow the child's lead

Use simple, true words: "Mom is in a place called jail for a while." Say often: it is not your fault, and nothing to be ashamed of.

Contact only if safe and allowed; follow any court order. Before visits, explain lines, uniforms, rules and the goodbye.

Ask the pediatrician or school counselor for help if sleep, school or behavior problems last, or the child saw a scary arrest.

Crisis: call or text 988. Danger: 911.

Adult notes: questions asked, visit or call dates, what helped, who at school knows

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