

POST OFFICE  
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DELIVER  
WITHOUT  
STAMP

ParentLink<sup>®</sup>

Attn: Family Support Specialist  
4800 Santana Circle  
Columbia, MO 65211



I love you.  
*No matter  
what happens,  
I will always  
love you!*

It is important for parents  
to stay involved with  
their children.  
Know who they are.  
Know what they do.  
Parents are for life!



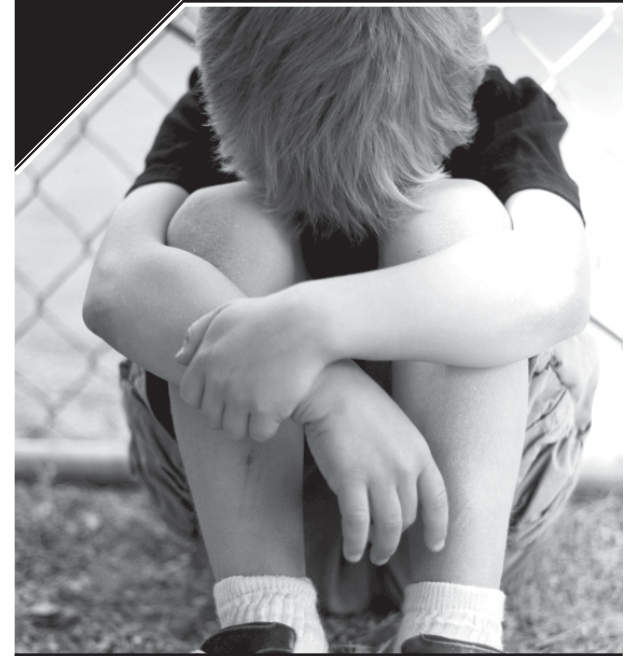
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# Ask Your Parenting Questions



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*We're Here to Help You Find  
Parenting Information & Support.*

# Words to Grow On

It can be hard to know what to talk about with your kids. "How are you?" is a good question, but sometimes it is easier for your children to answer more specific questions. Some other conversation starters during visits or in letters:

- **What do you do for fun?**  
**Tell me more about that.**
- **What is your favorite... (book, movie, thing to do on a rainy day, game, food, etc.)?**  
**What do you like about it?**
- **What do you want to do when you get older? Why do you think you'd be good at this?**
- **If you could go anywhere in the world, where would you go?**  
**What would you do there?**
- **What are some of the things that make you happy?**  
**What makes you sad?**

# Ways to Stay In Touch With Your Child...

## **Write A Story Together**

As you send each other letters, take turns adding to the story - don't forget the pictures!

## **Boost Your Child's Self-Esteem**

Each day, think of a different thing you like about your child and write it down. Send the list to your child at the end of the week.

## **Find Out About Parenting Programs At Your Facility**

Visiting a parent who is incarcerated can help children overcome unrealistic fears.

## **Make Something For Your Child And Send It To Them**

For example, you might draw a picture, write a poem or short story, or create a piece of art work.

## What else would you like to know about parenting and child development?

Name: \_\_\_\_\_ ID#: \_\_\_\_\_

I would like more information about:  
*(please check all that apply)*

\_\_\_\_ How children grow and learn  
Age(s) of Child(ren): \_\_\_\_\_

\_\_\_\_ Helping my child cope with incarceration

\_\_\_\_ Helping my child cope with other changes  
Explain: \_\_\_\_\_

\_\_\_\_ Communicating with my child's caregiver

\_\_\_\_ Parenting Programs offered at \_\_\_\_\_  
correctional facility

*Thank you for your request to ParentLink.  
please tear along the perforation*

Use this space for other questions you may have. You can place it in the drop box or mail it to the address on the back of this form.

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