

Hi _____ (5-8)

I drew this picture of me & a new friend I've made.

My new friend makes me laugh. They like rugby and the same things as I do...

Share with your child some of the reasons why you like this new friend, share your new friends first name and give them a physical description - this will help your child to be able to visualize where you are & so share the experience with you.

A tip: if you don't spend much time with a lot of people yet: Once my friend was a jumping spider who shared my room & sometimes an ant is a great friend!

What's pleasantly surprised you? What's something positive that you weren't expecting to find in prison

My example: The first thing I saw in Auckland Woman's, was a hutch...with 2 real rabbits inside! The officer saw me looking at them & asked if I liked rabbits. I answered yes. This was the first time I'd responded to anyone in day's & the sight of those rabbits helped me relax.

These are 3 reasons why I love you:

You give me hugs, you make me feel special, you encourage me, you make me feel happy, I love hearing your voice, you are my favorite person in the world. Talk about their special qualities.

1

2

3

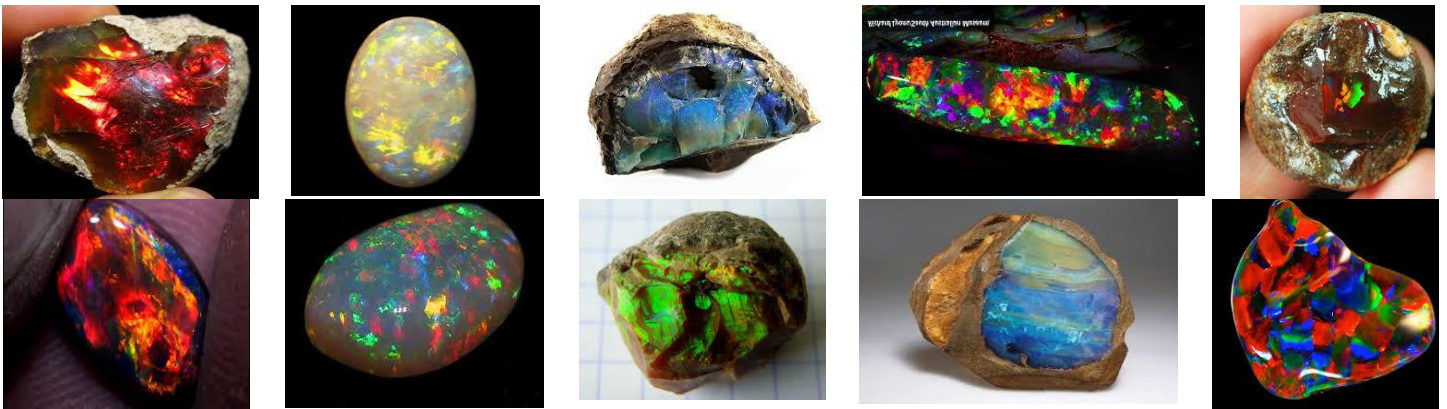
I'm still feeling homesick & missing you so much, but I'm going to be positive & make sure that something good comes out of this experience;

Share your dreams & hopes for both of your futures. If you have a long or really-long sentence ahead of you - don't be too down-hearted my friend, because you **can & will** be a good parent from inside.

These are my goals for the next week:

Think & pray for you every-day, keep myself positive, write in my diary every-day. Try to eat healthily & get some exercise, Find a good book to read...

I Love you Always



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Would you like to fly into space in a rocket ship? Can you colour in this space ship for your mum or dad?

