

Being An Active Parent, Even When You're Apart

Even when you cannot be physically present every day, you still matter deeply in your child's life. Your love, consistency and effort make a powerful difference.



Your Role Still Matters

Your child still needs your voice, your encouragement and your care. Being a strong parent does not require perfection—it means staying connected in the ways you can.

Ways to Stay Present When You Can't Be There in Person



Stay Connected

- ✓ Write letters and ask about their day, school and interests
- ✓ Make phone or video calls when available
- ✓ Send cards, drawings, poems or short messages
- ✓ Remember important dates like birthdays, holidays, and milestones



Be Emotionally Supportive

- ✓ Tell your child often that you love them
- ✓ Reassure them they are not to blame for the separation
- ✓ Listen to their feelings, even when emotions are hard
- ✓ Encourage their strengths and celebrate their efforts



Stay Involved in Their Life

- ✓ Ask caregivers or family members for updates about school and activities
- ✓ Help with goal setting ("What are you working on this week?")
- ✓ Participate in meetings or conversations about your child when possible
- ✓ Talk about future plans and hopes for your relationship



Be Honest and Consistent

- ✓ Use age-appropriate honesty when answering questions
- ✓ Avoid making promises you may not be able to keep
- ✓ Show consistency through regular contact, even if brief



Work on Yourself

- ✓ Use available programs or resources to support your growth
- ✓ Focus on healing, learning, and preparing for your future with your child
- ✓ Remember that the effort you make now builds trust over time

Important Reminders

- ✓ Small, consistent actions matter more than big gestures
- ✓ Your child benefits just from knowing you care
- ✓ It's never too late to strengthen your relationship
- ✓ Your presence is more than physical—it's emotional, intentional, and ongoing

You're Not Alone—Support Is Here

You are not alone in this. Parents Lead offers tools, activities and support to help you stay connected, build skills and strengthen your relationship—no matter your circumstances.

