

**This leaflet was made by**

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With help from Donna Pearson  
From  
The Parents Group  
We meet every 2 weeks  
on Monday afternoons at**



**People First Lambeth  
336 Brixton Road  
London  
SW9 7AA**



**020 7642 0045**

**Ask for Donna  
We'll send you all the dates we meet**



**Contact with our children**

**By Christina Watkins  
And  
Jennifer Taylor**

**This leaflet is for parents with  
learning disabilities who have  
got kids who do not live with  
them**

**We all want to see more of our children.**

**It is not always possible for mothers and fathers when they have children to see**



**their children grow up.**

**Sometimes what happens is mum and dad have arguments, are not getting on and it's not working out and Social services get involved then the child gets taken into care.**

**Social Services are more likely to take your children away if you have a learning disability. You have to really prove yourself to them.**

**They sometimes think they are the mother, but they are not. It's really hurtful.**

**How to make contact work:**

- 1. Go to every contact visit they offer you- you must turn up or they will stop the contact.**
- 2. Most contact is supervised and this can be hard. You have to get used to being supervised and watched. You have to hold your tongue.**
- 3. Sometimes it makes you feel small being supervised, but if you want to keep the contact going you have to zip it.  
"I've found it very difficult, but I've had to zip it."**
- 4. Try and make the effort to go there and talk to the carers.**



### Childcare Reviews

It's hard to go to reviews especially when you have learning disabilities. You don't know what to say to them. They sit there with all their papers in front of them.

If you have a learning disability you can have someone to help you speak up in meetings and help you understand what is happening. Some people have an advocate to help them.

An advocate can be someone on your side.



### What about if your child goes to live with someone else in your family?

It's hard to watch someone else bring your child up.

It makes you think quite a lot when you see other parents down the shops with their children.

Sometime if you are lucky you still get contact with you children.



### Letterbox contact

It would be good if everyone could at



least have letters about how their children are doing.

## Solicitors and Going to Courts



This is the Royal Courts of Justice where some of us have to go.

**It's hard to know what to say to them  
In court because they think that you've  
done bad "And I haven't done."**

**You must have a solicitor and a barrister  
on your side in court.**



**"I did all the talking and she, my solicitor  
was on my side all the way really."**

**If you are in court keep your cool and  
don't say anything out of place because  
they can turn it against you.**

**Just keep cool.**