

Why can't he see what he did to me – to our family?

This book takes a unique look at the internal struggles with which a child of an incarcerated parent is faced.

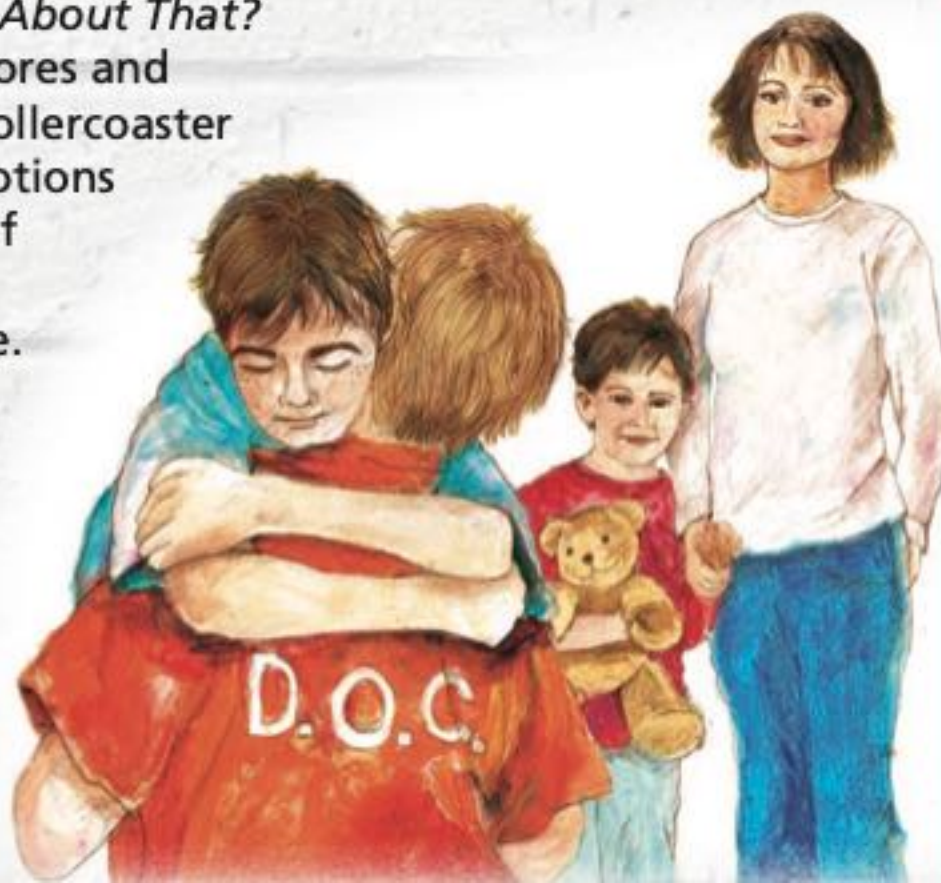
"My dad says that drugs and alcohol made him choose to do the wrong things.

But he could have said no to the drugs and the booze, then my life wouldn't be what it seems.

Why didn't he love us enough to say no? Aren't we worth it to him?

He had a choice...us or drugs. He chose to let the drugs win."

What Do I Say About That? creatively explores and validates the rollercoaster journey of emotions that children of incarcerated parents endure. It also gives insight to the process of healing and coping.



With her newest book, Julia broaches the topic of the incarceration of a parent with sensitivity and compassion. The main character experiences feelings such as fear, anger, and sadness as he struggles to understand the choices that led to this consequence.

With so few children's books about this topic, *What Do I Say About That?* is a much needed resource for professionals and caregivers as they seek to provide support, coping skills, and healing to their most vulnerable children and families. This title will definitely be on my shelf.

Jennifer H. Adams

President, Palmetto State School Counselor Association and School Counselor, Lexington, South Carolina



Julia Cook, MS is a national award winning children's author, counselor and parenting expert. She has presented in over 800 schools across the country, regularly delivers keynote addresses at national education and counseling conferences, and has published over 70 children's books. The goal behind all of Julia's books and efforts is to actively involve young people into her fun and creative stories and teach them to become life-long problem solvers. Inspirations for her books come from working with children and carefully listening to parents and teachers.



National Center for Youth Issues

Practical Guidance Resources
Educators Can Trust

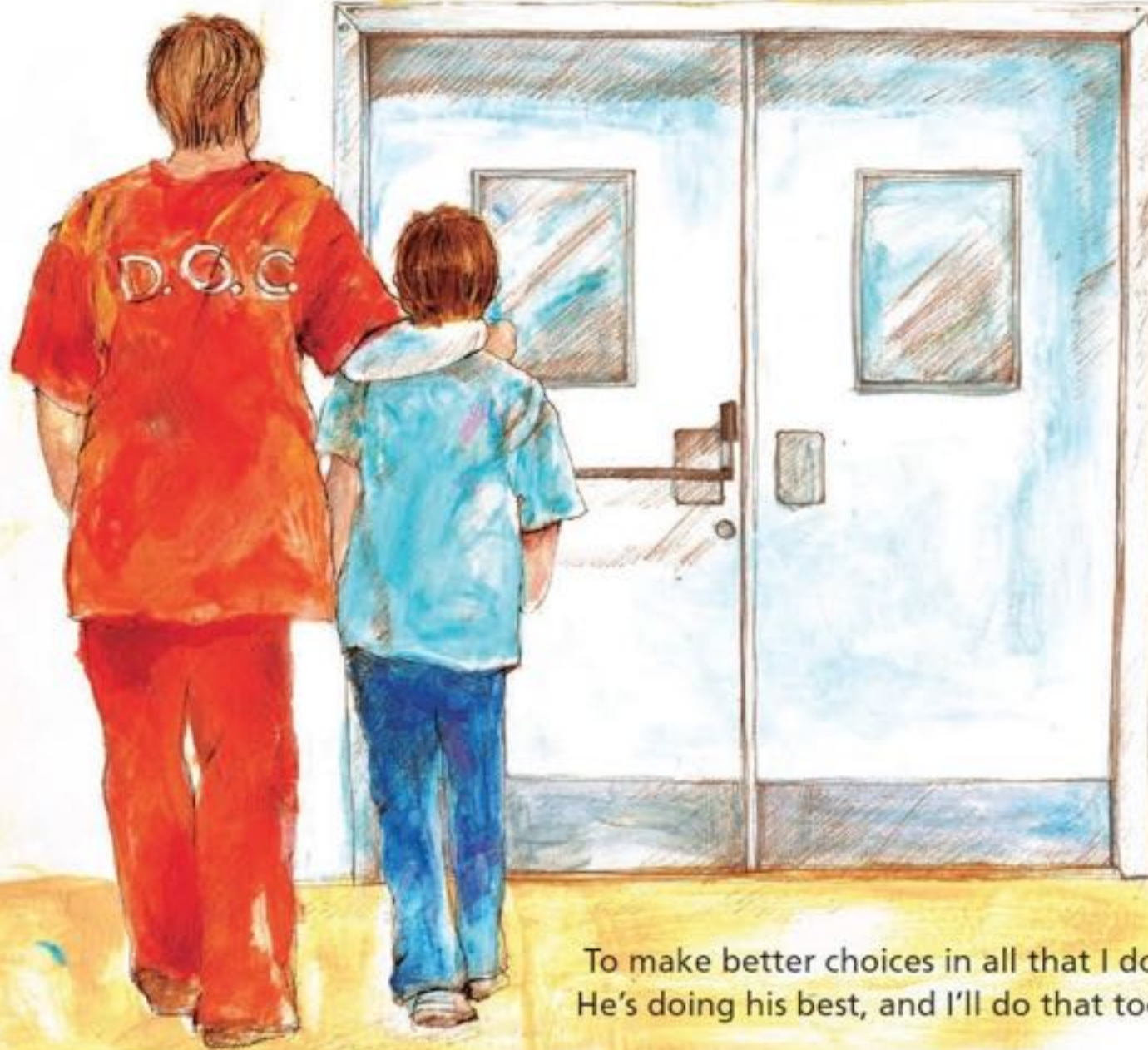
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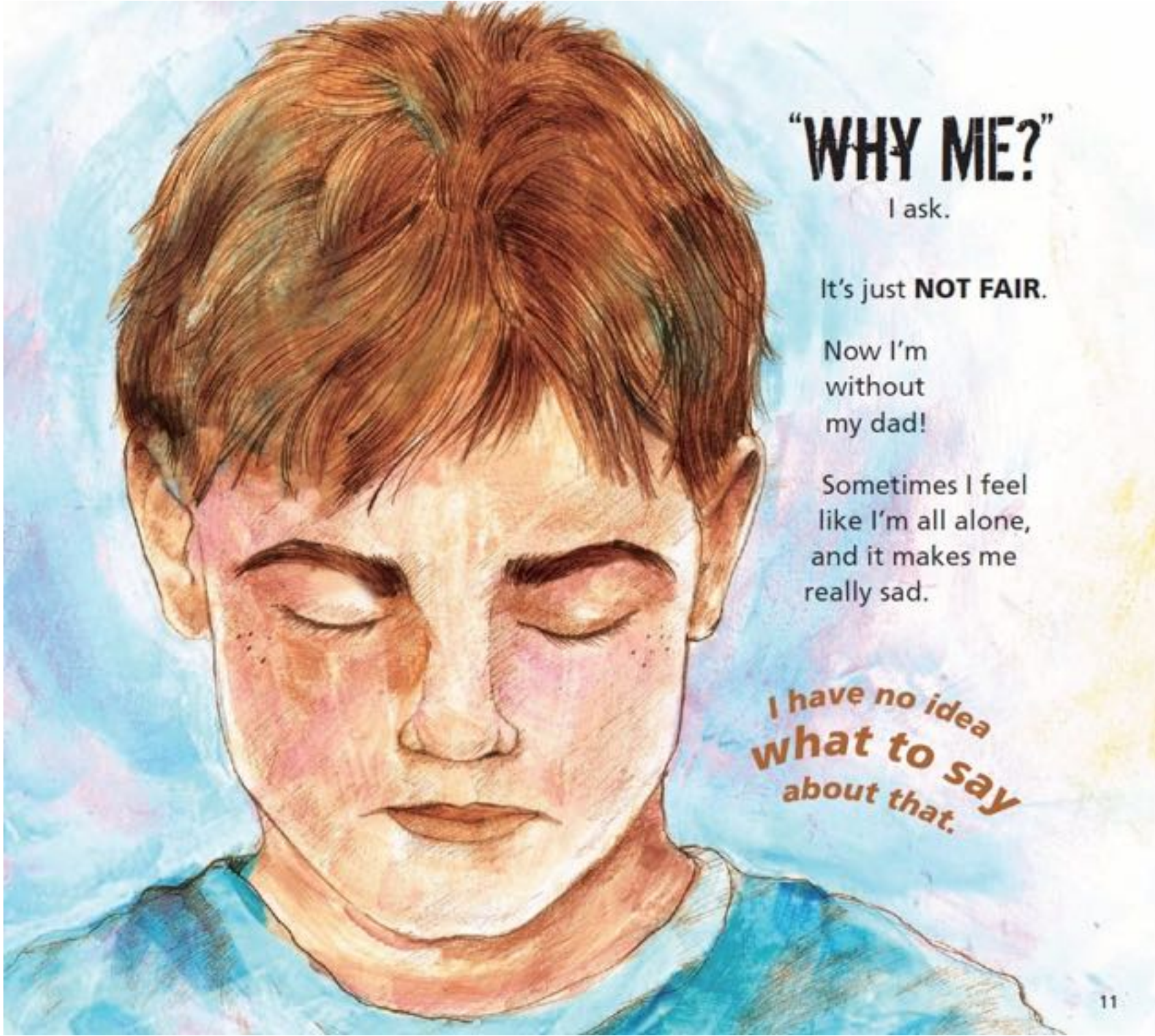


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I know I can't change the way things are now,
but I know my dad loves me, and he's showing me how ...



To make better choices in all that I do.
He's doing his best, and I'll do that too.



“WHY ME?”

I ask.

It’s just **NOT FAIR.**

Now I’m
without
my dad!

Sometimes I feel
like I’m all alone,
and it makes me
really sad.

*I have no idea
what to say
about that.*