CAREGIVER TOOLKIT

From Survival to Safe Harbor

What caregivers need when a parent is incarcerated

TRUTH • STABILITY • BOUNDARIES • ADVOCACY



LaDàna Young
Founder & Executive Director

LIVED EXPERIENCE

I know this seat.

Before there was a guide or workbook, there was family life.

> A child trying to understand.
>
> A caregiver holding everything together.



THE RIPPLE EFFECT

When a parent is incarcerated, the family reorganizes.

THE CHILD

Reassurance and belonging

THE CAREGIVER

Routines and difficult decisions

THE PARENT

Changing contact and relationships

THE COMMUNITY

Schools and support networks



INVISIBLE WORK

What caregivers carry that nobody sees

Logistics • Emotions • School
Relationships • Finances • Uncertainty



Which responsibility feels heaviest this week?
Private reflection is welcome.

CAREGIVER FRAMEWORK

Four anchors for the journey

TRUTH	Age-appropriate honesty
STABILITY	Predictable routines
BOUNDARIES	Safety and capacity
ADVOCACY	Questions and support



COMMUNICATION

Children need truth they can safely carry

CHILD ASKS

“Why can’t Mommy come home?”

CAREGIVER CAN SAY

“Mommy has to stay somewhere else for now. You did not cause this. You can ask me questions.”



Trust is not protection

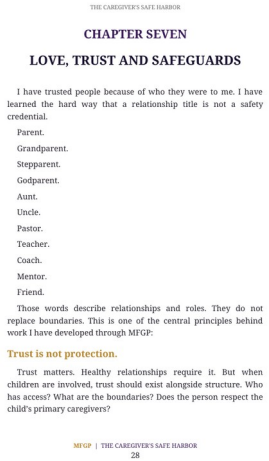
Love and trust are important. So are clear boundaries and practical safeguards.



> What boundary have I stated?
>
> What safeguard is actually in place?

GUIDE + WORKBOOK

Guide + Workbook: Working Together



THE CAREGIVER'S SAFE HARBOR

CHAPTER SEVEN

LOVE, TRUST AND SAFEGUARDS

I have trusted people because of who they were to me. I have learned the hard way that a relationship title is not a safety credential.

Parent.
Grandparent.
Stepparent.
Godparent.
Aunt.
Uncle.
Pastor.
Teacher.
Coach.
Mentor.
Friend.

Those words describe relationships and roles. They do not replace boundaries. This is one of the central principles behind work I have developed through MFGP:

Trust is not protection.

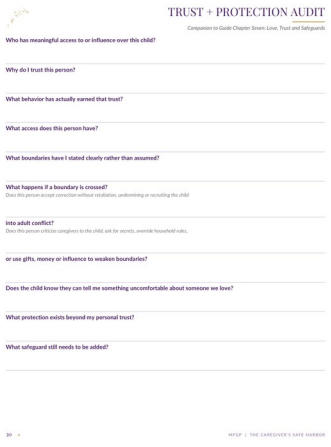
Trust matters. Healthy relationships require it. But when children are involved, trust should exist alongside structure. Who has access? What are the boundaries? Does the person respect the child's primary caregivers?

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28

GUIDE • CHAPTER 7

Love, Trust and Safeguards

Understand why trust needs clear safeguards.



TRUST + PROTECTION AUDIT

Companion to Guide Chapter Seven: Love, Trust and Safeguards

Who has meaningful access to or influence over this child?

Why do I trust this person?

What behavior has actually earned that trust?

What access does this person have?

What boundaries have I stated clearly rather than assumed?

What happens if a boundary is crossed?
Does this person accept correction without retaliation, undermining or recruiting the child

into adult conflict?
Does this person criticize caregivers to the child, ask for secrets, override household rules,

or use gifts, money or influence to weaken boundaries?

Does the child know they can tell me something uncomfortable about someone we love?

What protection exists beyond my personal trust?

What safeguard still needs to be added?

30 •

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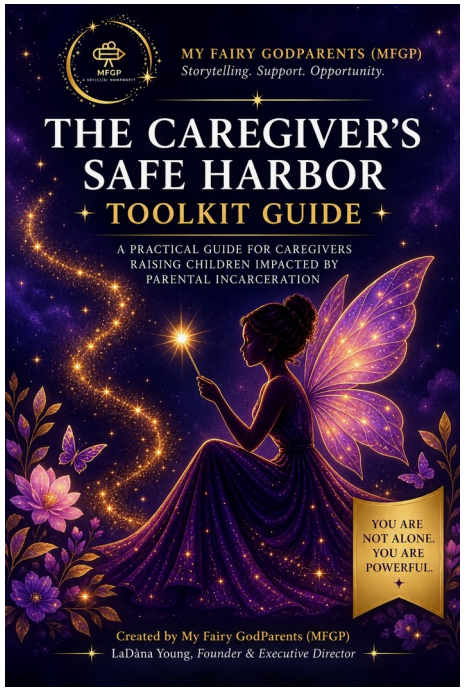
WORKBOOK • PAGE 30

Trust + Protection Audit

Reflect on access, boundaries and safety.

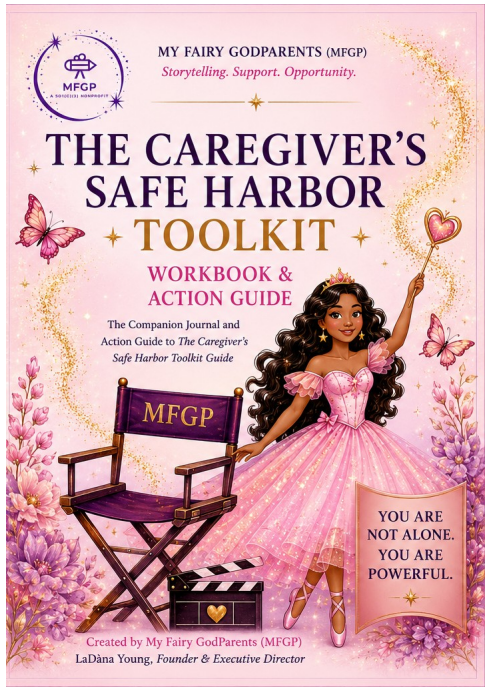
COMPANION RESOURCES

Two books. Different jobs.



THE GUIDE

Context and practical principles



THE WORKBOOK

Reflection, activities and action

A SMALL NEXT STEP

Choose one action this week

01 Prepare one honest conversation.

02 Clarify one protective boundary.

03 Identify one person or source of support.

04 Revisit one page of the Guide or Workbook.



RESOURCE ACCESS

Your Safe Harbor resources

LIMITED MFGP WEBSITE REDEMPTION

Use code MFGPLOVESAVARY

REDEEM ON MFGP WEBSITE

GUIDE KINDLE

Free November 20 only (Pacific time)

AMAZON GUIDE

WORKBOOK

Paid Amazon purchase

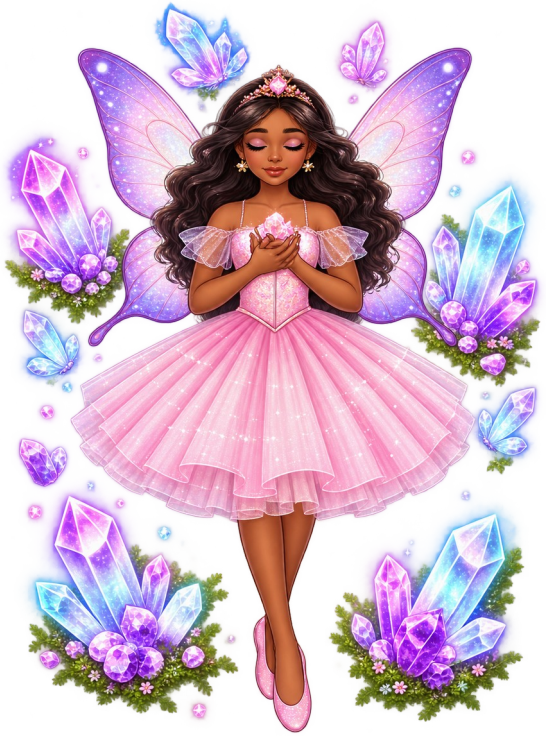
AMAZON WORKBOOK

CONVERSATION

What would help you feel more supported?

Questions are welcome.

Sharing personal circumstances is optional.



[Explore more at www.myfairygodparents.org](http://www.myfairygodparents.org)