

# When Families Have to be Apart





Sometimes, kids notice  
that something feels different.

Grown-ups seem worried.

Routines change.

You might feel worried too,  
even if you don't know why.



Sometimes families have to say goodbye for a while.  
A grown-up might be told they have to live in another country.  
When this happens, it is called deportation.



Deportation is never caused by a child.  
It can feel scary or confusing  
when we don't know when they will come back.



Deportation does not mean someone is bad.  
It does not mean they do not love you.



Kids can feel many feelings at the same time.



**Sad**



**Mad**



**Scared**



**Confused**

All these feelings are okay.

Even when families change, children still need to be safe and cared for.  
There are grown-ups whose job is to help.



**Teacher**

**School  
Psychologist**

**Family  
Member**

**Helpers in the  
Community**

When worries feel big, you can slow your body down.



Take a  
Deep Breath



Draw



Talk to someone



**But most importantly, we want you to know:**  
**You are loved.**  
**You belong.**  
**You matter.**



# TASP

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TEXAS ASSOCIATION OF SCHOOL PSYCHOLOGISTS

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