



INCARCERATION

Useful Links

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Tips-to-Support-Children-When-a-Parent-is-in-Prison.aspx>

Tips to Support Children When a Parent is In Prison

Published by Dr. Mortoma. **KidsMates Inc.** works to destigmatize parental incarceration and provide initiatives that foster resilience in children with incarcerated parents.

<https://www.projectavary.org/>

Project Avary supports children nationally who have a parent that is incarcerated with support groups (similar to Rainbows but specific to incarceration loss).

<https://web.connectnetwork.com/programs-for-children-of-incarcerated-parents/>

7 Helpful Programs for Children of Incarcerated Parents

By ConnectNetwork GTL

This list includes a series of programs offered by nonprofit organizations, the government and local communities.

<https://youth.gov/youth-topics/children-of-incarcerated-parents/tools-guides-resources>

Children of Incarcerated Parents: Tools, Guides, & Resources

This page provides a continually-updated list of tools, guides, and resources to assist teachers, school staff, youth, parents, and youth-serving organizations in caring for and supporting children who have an incarcerated parent.

<https://nrccfi.camden.rutgers.edu/resources/library/>

The Children of Incarcerated Parents Library

This Library contains a number of pamphlets that contain helpful information for incarcerated fathers and those that serve them. Topics include how to prepare a child for a prison visit to how to tell a child that their father is incarcerated. In English and Castilian [a Spanish dialect].

<https://www.prisonfellowship.org/resources/support-friends-family-of-prisoners/resources-for-children-of-prisoners/>

Resources for Children of Prisoners

By Prison Fellowship

This website provides a list of books, programming, and additional resources for children between 3 and 10+.

<https://nrccfi.camden.rutgers.edu/>

The National Resource Center on Children and Families of the Incarcerated

This organization provides information and resources to children and families of the incarcerated and helps connect them with national, state, and local programs. For this reason



we are not able to become what they needed to be because of some reason or another.

<https://youth.gov/youth-topics/children-of-incarcerated-parents>
youth.gov

This link provides information and additional resources for parents and caregivers, school administration and teachers, and mental health professionals working with children of incarcerated parents.

<http://www.skipinc.org/>

SKIP, Inc. Community Resource Services

This organization provides programs and services for children with incarcerated parents and their caregivers to improve their academic success and mental and physical health.

<http://www.theherofoundation.org/>

The Heroin Epidemic Relief Foundation

This organization provides relief to families affected by the heroin epidemic while supporting pieces of legislation that deal with the issue as well.

<https://www.breakawayoutreach.com/resources-for-children-of-incarcerated-parents/>

Breakaway Outreach

Resources on how to help a child of incarcerated parents.

[The National Resource Center on Children and Families of the Incarcerated](#)

- [Caring for Children of Incarcerated Parents](#)
- [Questions from Caregivers](#)
- [What Do Children of Incarcerated Parents and their Caregivers Need?](#)
- [Tips for Caregivers—from Caregivers](#)
- [Questions Children Ask](#)

[Sesame Street](#)

- [Little Children, Big Challenges: Incarceration](#) (A Guide to Support Parents and Caregivers)
- [Tips for Parents and Caregivers](#)

Resources

<https://web.connectnetwork.com/programs-for-children-of-incarcerated-parents/>

<https://youth.gov/youth-topics/children-of-incarcerated-parents/tools-guides-resources>



<https://nrccfi.camden.rutgers.edu/resources/library/>

Articles and Educational Brochures

<https://www.naturalbeachliving.com/managing-feelings-and-emotions-free-printables/>

Natural Beach Living

visual Cards for Managing Feelings and Emotions Free Printables

<https://www.urban.org/research/publication/broken-bonds-understanding-and-addressing-needs-children-incarcerated-parents>

Broken Bonds: Understanding and Addressing the Needs of Children with Incarcerated Parents
by Nancy G. La Vigne, Elizabeth Davies, and Diana Brazzell

This article explains how the service community should continue to provide programs to strengthen parent-child relationships that focus on supporting the caregivers, family members, and communities affected by parental incarceration.

<https://www.theatlantic.com/politics/archive/2015/12/why-children-with-parents-in-prison-are-especially-burdened/433638/>

Why Children With Parents in Prison Are Especially Burdened
by Amy Alexander

This article highlights the various impacts on children's psychological health when they have a parent in prison, and offers potential solutions to promote educational awareness and help children through the challenges they face.

Conversations/explanations:

- [How To Explain A Parent's Arrest To A Child](#)
- [How to Explain Jails and Prisons to Children](#) (A Caregiver's Guide)
- [Talking About Difficult Topics](#)

Parental incarceration:

- [Child Welfare Practice with Families Affected by Parental Incarceration](#)
- [Parent in Prison](#): How to Protect the Well-Being of the Child

Books

***Note: not all books only fall under the ages they are listed under. Some with a * can work for older ages as well.**

<https://www.nh.gov/nhdof/fcc/documents/fccbooklist01.pdf>

The Healing code: 6 minutes to Heal the Source of Your Health, Success, or Relationship Issue

By: Ben Johnson

Healing kit for life- to recover from issues you know about, and repair the ones' you don't [here](#)



Sunbeams: Ages 3-5

*Doogie's Dad**

by Richard Dyches, illustrated by Edwin Garcia and Roger Sheffer

This story is about Doogie, a young boy, and his sister whose father is sent to prison. It explores their feelings of loss, fear, and frustration at not being told what's going on until their mother finally takes them to visit their dad in prison.

*Mama Loves Me from Away**

By Pat Brisson, illustrated by Laurie Caple

The story of a young girl, now living with her grandmother, who looks forward to visiting her mother in prison every Sunday. Prison is never mentioned; the focus lies on the emotional bond between the two.

*The Invisible String** by Patrice Karst

"The Invisible String delivers a particularly compelling message in today's uncertain times that though we may be separated from the ones we care for, whether through anger, or distance or even death, love is the unending connection that binds us all, and, by extension, ultimately binds every person on the planet to everyone else" [here](#)

Rainbows I: Ages 6-8

Daddy's Big House

by Corey Beauford and Marilyn Garin, illustrated by Hannah MacBride

Little Jo Jo is your typical, fun-loving kid. His life, however, has changed tremendously since his father, Big Jo, moved away. One day, Little Jo Jo's mother takes him to visit his father at his new "big house." This heartfelt story will explore how Big Jo's absence from his son's life affects Little Jo Jo academically and emotionally.

My Mom Went to Jail

by Kathleen Hodgkins and Suzanne Bergen

My Mom Went to Jail is a story to help children cope with their mother's incarceration. It includes dual texts: one for 6-10 year-olds, and a simplified version for preschoolers. Issues presented in the text include incarceration, foster care, feelings, consequences of behaviors, and feelings of abandonment.

The Night Dad Went to Jail: What to Expect When Someone You Love Goes to Jail

by Melissa Higgins, illustrated by Wednesday Kirwan

When someone you love goes to jail, you might feel lost, scared, and even mad. This colorfully illustrated book lets children know that they are not alone in this situation. It offers age appropriate explanations to help with difficult conversations. Told from the experience of a rabbit, this picture book is intended to make a parent's incarceration a little less frightening.

Families Change: A Book for Children Experiencing Termination of Parental Rights (Kids Are



Important Series)

by Julie Nelson

Children need to know that when families change, it is not their fault.

Rainbows II: Ages 8-10

Let's Talk About When Your Parent Is in Jail

by Maureen Wittbold

This book takes kids through the stages of a parent's incarceration to help them understand and deal with their thoughts, fears, and other feelings. This book offers well organized, truthful, and easy to understand explanations about the various aspects of having a parent in jail.

Rainbows III: Ages 10-12

You Can't Lock Up the Moon

by Sharyl Green

In *You Can't Lock Up the Moon*, Green tells the story of ten-year-old Jamaria's resourcefulness, as the girl tries different ways to connect with her mother in prison. Green paints the family's financial struggles with a light brush, while beautifully describing the natural environment that offers Jamaria both adventure and solace.

Rainbows IV: Ages 12-14

*Growing Up on 21st Street, Northeast Washington DC: A Memoir**

by Bryant R Mayo

This book tells the life story of Bryant Mayo, a young man growing up in Northeast Washington D.C. It is an autobiography that describes his teen years. It is about growing up without a father. The book tells an honest story about his family, his friends, and his challenges.

"What Will Happen to Me?"

by Howard Zehr

What is life like for a child who has a parent in prison? This book brings together photographic portraits of 30 children whose parents are incarcerated, along with their thoughts and reflections, in their own words.

Spectrum I: Ages 14-16

"Incarceration" Before, During and After (A Journey of Change)

By J.M. Benjamin

Incarceration is a redemptive story about the power of change and how an ex-offender refused to become another statistic once he had paid his debt to society. J.M. Benjamin, once considered a threat to the community, gives you an up-close and personal account of growing up on the west end part of Plainfield, New Jersey.

Spectrum II: Ages 16-18



Wish You Were Here: Teens Write About Parents in Prison

by Autumn Spanne and Nora McCarthy

These stories describe how teens kept in touch with their parents (or didn't) and the complicated feelings that come with reunification.

Parents and Professionals

Coping When a Parent Is in Jail

by John J. La Valle

The book describes the effect of imprisonment on the prisoner and the family, and discusses life in jail, the criminal justice system, parole, women prisoners, and the value of counseling for family members.

Educational Videos

https://www.ted.com/talks/angela_patton_a_father_daughter_dance_in_prison

A father-daughter dance...in prison

by Angela Patton

At Camp Diva, Angela Patton works to help young girls and their fathers stay connected and become part of each others' lives. But what about girls whose fathers can't be there—because they're in jail? Patton tells the story of a very special father-daughter dance.

https://www.youtube.com/watch?v=qKxfkf_RNEY

Special Program Offers Hope To Kids with Parents in Prison

by TODAY

Kayla is 7, and her dad is in jail awaiting a prison sentence. She and her mom found understanding and a sense of belonging at Children of Promise, a summer camp and after-school program for kids of incarcerated parents.

General Resources

<https://www.openstudioproject.org/site/people/staff.asp>

Open Studio Project

The Open Studio Project, located in Evanston, IL, emphasizes the use of art to facilitate growth, healing and understanding.

<https://itachicago.org/about/>

Institute for therapy through the arts

The institute uses art to conduct therapy sessions. Therapists only use empirically researched methods and provide them within a continuity of care model.

<https://www.family-institute.org>

The Family Institute by Northwestern University

This institute offers counseling for families who can't afford therapy. Therapist of graduate-level



therapist-in-training. Committed to strength and healing the whole family system by supporting children, adults, couples and families across their lifespan.

<https://www.metrofamily.org/about-us/>

Metropolitan Family Services

From early learning, afterschool and job readiness programs to counseling, mental health services and legal assistance.

<https://www.eriefamilyhealth.org/>

Erie Family Health

Provides high quality medical, dental and behavioral healthcare to all regardless of ability to pay.

<https://movingyourmind.com/about-us>

Move Your Mind

Stress free environments where we can all connect as teens through movement and creative outlets.

<https://www.josselyn.org/about-us>

Josselyn Center

Provides affordable mental health services that make lives better for our clients, their families and the community.

<https://www.childtherapytoys.com/>

Evanston/North Chicago Yoga

Jenny Arrington:

<https://www.jennyarrington.com/>

Courtney Winkler:

<https://lighthouseyoga.com/>

<http://www.nsyoga.com/>