Supporting Children and Families Of Incarcerated Parents:

Resource list

1. For Caregivers
   - The National Resource Center on Children and Families of the Incarcerated:
     - 201: Caring for Children of Incarcerated Parents
     - 202: Questions from Caregivers
     - 203: What Do Children of Incarcerated Parents and their Caregivers Need?
     - 204: Tips from Caregivers for Caregivers
       - When a Parent is Incarcerated: A Primer for Social Workers and Foster Parents
       - Family Members Behind Bars: Difficult questions children ask ... and answers that might help
       - Supporting your child when a parent is in jail

2. For Parents
   - My Life Chose Me: A Young Mother’s Guide to Surviving the System
   - Guide for Incarcerated Parents Who Have Children in the Child Welfare System
   - Supporting Fathers and Families Impacted by Incarceration: Webinar
   - What About Me? When a Parent Goes to Prison

3. For Children and Youth
   - Sesame Street Resources (https://sesamestreetincommunities.org/topics/incarceration/)
   - Resource Guide for Teens with a Parent in Prison or Jail
   - Childline: Parents In Prison

4. Mentorship
   - A Guide For Adolescents To Finding Mentors
   - Mentoring Children of Incarcerated Parents
   - Amachi Mentoring Program for Children with Incarcerated Parents and Family Members

5. Visitation
   - Visitation dos and don'ts: guide for bringing children to visitation
   - 7 Helpful Tips for Children Visiting an Inmate Parent (blog post by ConnectNetwork)
   - Visiting Tips for Families: Supporting Children Visiting their Parents

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6. Other Family Resources

- SFCIPP Children of Incarcerated Parents Bill of Rights
- The National Resource Center on Children and Families of the Incarcerated
  - 101: Introduction to Children Incarcerated Parents
  - 102: Why Maintain Relationships?
  - 103: Conversations – Questions Children Ask
  - 104: Risk and Protection
  - 105: Visiting Mom or Dad
  - 106: Jail and Prison Procedures
  - 107: Communication Tips for Families
- National Responsible Fatherhood Clearinghouse
- Youth.gov: Children of Incarcerated Parents
- New York Initiative for Children of Incarcerated Parents
- Root and Rebound: Reentry Planning Toolkit for Families
- Reentry MythBusters: Children of Incarcerated Parents Services (re: Medicaid eligibility)
- Handbook for Friends & Family of Adults in Custody
- Stronger Together Handbooks (Osborne Association)
- A List of Select Resources: Annie E. Casey Foundation
- A Behavioral Health Toolkit for Providers working with Children of the Incarcerated and their Families

7. Book Titles and Booklists:

- The Invisible String by Patrice Karst, Joanne Lew-Vriethoff
- [https://sfcipp.typepad.com/childrens_literature_reso/](https://sfcipp.typepad.com/childrens_literature_reso/)
- [https://www.nh.gov/nhdoc/fcc/books.html](https://www.nh.gov/nhdoc/fcc/books.html)
- [https://nrccfi.camden.rutgers.edu/resources/books-films/](https://nrccfi.camden.rutgers.edu/resources/books-films/)
- Canada Parentbooks: Children with a Parent in Prison
- Red Tree House: Resources For Caregivers Of Children With Incarcerated Parents
- U.S. Goodreads: Incarcerated Parents
  - Visiting Day
- NRCCFI Book and Film List
- Breakaway Outreach: Book List
- Families Outside United Kingdom – Videos, Books and other Publications about and for Children of Incarcerated Parents

8. Parent-Child Activities during visitation/ on the phone:

- Play games such as Simon Says, I Spy, Charades or Tic-Tac-Toe
- Sing songs with hand actions like Head, Shoulders, Knees, and Toes or The Itsy-Bitsy Spider.
- Play Storyteller Pass-Along: Watch the clock for one minute while someone starts a story. When the minute has passed, it's the other person’s turn to pick up where the first
left off and move the tale forward. Continue switching back and forth until the story ends.

- Recite nursery rhymes together (or recite them to very young children).
- Read a favorite picture book and show the pictures to each other. Let them read one (or tell the story from pictures) to you.
- Draw each other—as realistically or as silly as you can.
- Play word games together.
- Color together on blank paper, printable pages, or coloring books.
- Come up with a “me board” – envisioning your goals, interests, family, and best traits.