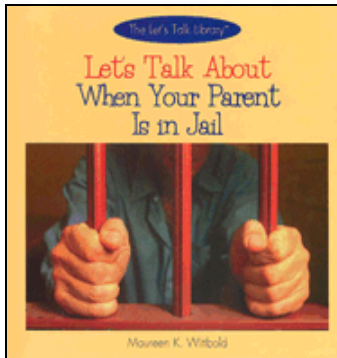


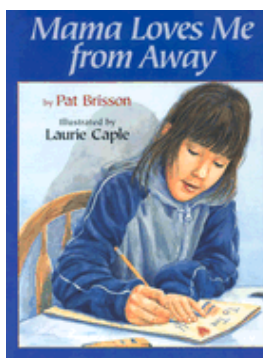
When a Parent is Incarcerated

You can find these resources at your local library, bookstore, www.activeparenting.com, or www.amazon.com



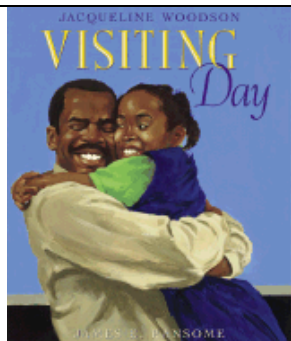
Let's Talk About When Your Parent is in Jail by Maureen Wittbold, 1997, ages 6-11

Discusses why jails exist, why people go to jail, and how to deal with having a parent in prison. (MCPL)*



Mama Loves Me From Away by Pat Brisson, 2004, ages 7+

This is a story of a mother and child separated by a prison sentence and how they try to stay in touch despite the physical distance between them. (MCPL)*



Visiting Day by Jacqueline Woodson, 2002, ages 4+

Told from a child's perspective, the story makes no judgment about why daddy is incarcerated. A shared feeling of hope and family togetherness pervades each page, from

Grandma cooking fried chicken in the morning for the bus ride, to sitting down with crayons to make Daddy more pictures. (MCPL)*

Counseling & Support

Associates in Family Psychology (816) 781-2110
 Catholic Charities (816) 333-2040
 Decisions Counseling (816) 429-5864
 Healthy Families (816) 468-6336
 Kathy Harms & Assoc, PC (816) 452-7775
 Marlene Littleton, Therapist (816) 820-0306
 Pleasant Valley Baptist Church (816) 781-5959
 Synergy Services (816) 587-4100
 The Family Conservancy (913) 342-1110
 Tri-County (816) 468-0400

Suggestions for Parents/Caregivers

Adapted from **My Daddy is in Jail** by Janet Bender, 2003, workbook for ages 5-12

1. Provide quality time with your child and other family members and friends.
2. Be honest but age-appropriate when explaining the cause for the incarceration. Protect younger children from frightful details.
3. Reassure the children that they will be taken care of in the absence of the other parent.
4. Continue with your normal routine and consistent discipline as much as possible.
5. Use the experience to teach the child about the consequences of our choices and taking responsibility of our behaviors.
6. Avoid either bad-mouthing or glorifying the incarcerated parent.
7. Be aware that childrens' self-esteem is directly related with their image of their parents. What they hear about their parents will greatly effect the way they feel about themselves.
8. Assist the child in maintaining communication with the parent through calls, letters, or visits whenever possible and practical.
9. Remember, if handled properly, this experience can strengthen the child. It doesn't have to ruin a child's life.



* MCPL indicates that the item is at the Mid-Continent Public Library www.mcpl.lib.mo.us

For more information contact the 7th Judicial Circuit Office of Dispute Resolution Services (816) 736-8400 or visit www.circuit7.net