

The Harris County Sheriff's Office in collaboration with Texas Children's Hospital, the Urban Institute, and the National Institute of Corrections present the following resources for families of incarcerated parents. We hope you find this information informative and helpful in discussing the difficult topic of incarceration with children.

In addition, we have added a link for [local resources](#) (medical care, food, job training, and more) you may find beneficial.

Below, we list resources by target audience and then by content category; booklists; and activities for visits.

## Resources:

### 1. Local / Community Resources

- a. [Aunt Bertha for local resources \(medical care, food, job training, and more\) you may find beneficial.](#)
- b. [Avance Houston – Fathers in Action](#)
- c. [United Way of Greater Houston for local resources including food, housing, transportation, paying your bills, job training. You can also call 2-1-1](#)
- d. [Houston Food Bank to find a meal site near you. You can also call 832-369-9390 for help in enrolling food programs.](#)
- e. [WIC \(Women Infants and Children\) provides eligible pregnant women and children under the age of 5 and their parents with free medical care, healthy foods, and nutrition education.](#)
- f. [Collaborative for Children to help find childcare. You can also call 713-600-1234.](#)
- g. [Houston ISD Wraparound Services provides additional support for children in Houston ISD schools.](#)
- h. [Second Baytown Church Angel Tree Ministry brings together caregivers and children of incarcerated parents each month and provides a meal, emotional support, and a faith-based Christian curricula. If you live in the Baytown area and are caring for a child with an incarcerated parent, please call 281-427-6506.](#)
- i. [No More Victims provides support to students impacted by](#)

[parental incarceration at Worthing, Furr, and Sterling High Schools.](#)

## **2. For Caregivers**

- a. [The National Resource Center on Children and Families of the Incarcerated:](#)
  - i. [201: Caring for Children of Incarcerated Parents](#)
  - ii. [202: Questions from Caregivers](#)
  - iii. [203: What Do Children of Incarcerated Parents and their Caregivers Need?](#)
  - iv. [204: Tips from Caregivers for Caregivers](#)
- b. [When a Parent is Incarcerated: A Primer for Social Workers and Foster Parents](#)
- c. [Family Members Behind Bars: Difficult questions children ask ... and answers that might help](#)
- d. [How to Explain Jails and Prisons to Children: A Caregivers Guide](#)

## **3. For Parents**

- a. [My Life Chose Me: A Young Mother's Guide to Surviving the System](#)
- b. [Guide for Incarcerated Parents Who Have Children in the Child Welfare System](#)
- c. [Supporting Fathers and Families Impacted by Incarceration: Webinar](#)
- d. [What About Me? When a Parent Goes to Prison](#)

## **4. For Children and Youth**

- a. [Sesame Street Resources](#)
- b. [Resource Guide for Teens with a Parent in Prison or Jail](#)

## **5. Mentorship**

- a. [A Guide For Adolescents To Finding Mentors](#)
- b. [Mentoring Children of Incarcerated Parents](#)
- c. [Tip Sheet for Mentors](#)
- d. [Amachi Mentoring Program for Children with Incarcerated Parents](#)

[and Family Members in Greater Houston](#) (partnership with Big Brothers Big Sisters)

## 6. Visitation

- a. [Tip Sheet for Visiting](#)
- b. [Visitation dos and don'ts: guide for bringing children to visitation](#)
- c. [7 Helpful Tips for Children Visiting an Inmate Parent \(blog post by ConnectNetwork\)](#)
- d. [Out of the Shadows: What Child Welfare Workers Can Do to Help Children and their Incarcerated Parents \(page 8\)](#)
- e. [Visiting Tips for Families: Supporting Children Visiting their Parents](#)
- f. [Children Visiting Incarcerated Parents](#)

## 7. Other Family Resources

- a. [The National Resource Center on Children and Families of the Incarcerated](#)
  - i. [101: Introduction to Children of Incarcerated Parents](#)
  - ii. [102: Why Maintain Relationships?](#)
  - iii. [103: Conversations – Questions Children Ask](#)
  - iv. [104: Risk and Protection](#)
  - v. [105: Visiting Mom or Dad](#)
  - vi. [106: Jail and Prison Procedures](#)
  - vii. [107: Communication Tips for Families](#)
- b. [National Responsible Fatherhood Clearinghouse](#)
- c. [Youth.gov: Children of Incarcerated Parents](#)
- d. [New York Initiative for Children of Incarcerated Parents](#)
- e. [Root and Rebound: Reentry Planning Toolkit for Families](#)
- f. [Reentry MythBusters: Children of Incarcerated Parents Services \(re: Medicaid eligibility\)](#)
- g. [SFCIPP Children of Incarcerated Parents Bill of Rights](#)
- h. [Handbook for Friends & Family of Adults in Custody](#)

- i. [Stronger Together Handbooks \(Osborne Association\)](#)
- j. [A List of Select Resources: Annie E. Casey Foundation](#)
- k. [A Behavioral Health Toolkit for Providers working with Children of the Incarcerated and their Families](#)
- l. [San Francisco Children of Incarcerated Parents Partnership \(SFCIPP\)](#)

### **Booklists:**

1. [Red Tree House: Resources For Caregivers Of Children With Incarcerated Parents](#)
2. [U.S. Goodreads: Incarcerated Parents](#)
  - a. [Visiting Day](#)
3. [NRCCFI Book and Film List](#)
4. [Breakaway Outreach: Book List](#)
5. [Recommended Books For and About Children of Incarcerated Parents](#)
6. [Children's Literature Resources](#)

### **Activities:**

1. Play games such as Simon Says, I Spy, Charades or Tic-Tac-Toe
2. Sing songs with hand actions like Head, Shoulders, Knees, and Toes or The Itsy-Bitsy Spider.
3. 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.
4. Recite nursery rhymes together (or recite them to very young children).
5. Read a favorite picture book and show the pictures to each other. Let them read one (or tell the story from pictures) to you.
6. Draw each other—as realistically or as silly as you can.
7. Play word games together.
8. Color together on blank paper, printable pages, or coloring books.
9. Come up with a “me board” – envisioning your goals, interests, family,

and best traits.