



# Do You Know a Child With a Parent in Jail or Prison?

Children and their families need the support of a caring community to grow and thrive. The thousands of Minnesota children whose parents have broken the law are no exception. Sadly, society often places negative stereotypes on these children and treats them as though they have done something wrong.

*There are more children with an incarcerated parent that there are with diabetes, AIDS, and cerebral palsy combined.*

You may know a child with a parent in jail or prison. This child needs your understanding and support.

According to the Center for Children of Incarcerated Parents, there are more children with an incarcerated parent than there are children with diabetes, AIDS and cerebral palsy combined. In the Initiative Foundation's region, there are over 3,500 people serving time in the county jails and prisons and it is believed that 50 to 80 percent of them are parents to one or more children, many under the age of five.

Research shows that children need parents, do better when they are around, and suffer when the relationship with a parent is cut off or broken.

The health and well being of every child affects the strength of communities. Children who have a parent in jail or prison need the support of their community as they work through this difficult situation.

## How You Can Help:

- **Reduce stereotypes:** Be aware of what you say and how you think about children who have a parent in jail or prison. These children have done nothing wrong.
- Talk to others about the importance of supporting children whose parents are in jail or prison.
- Become a mentor.
- Support and encourage caregivers.
- Make a tax deductible donation to the Initiative Foundation's Inside-Out Connections project.
- Read more on our website at: [www.ifound.org](http://www.ifound.org)

## Resources for Families

- "Let's Talk About When Your Parent Is In Jail" - A children's book
- "How to Explain Jail and Prison's to Children" - A Caregiver's Guide

For information about local resources and support call:

### **Central MN Inside-Out Connection**

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