



# Children of Incarcerated Parents LIBRARY

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*For Health Care and other Service  
Providers: CPL 306*



## ***Tips for Fostering Trust and Safety***

*By Ann Adalist-Estrin*

- Know your biases.
- Listen with empathy and without judgment.
- Balance understanding and compassion with advice and information.
- Share information about how the parents' circumstances may be affecting the child without criticizing the parent.
- Practice framing observations and opinions in ways that parents can hear without becoming defensive.
- Recognize that children and families of prisoners often take bad news, hear advice, and follow through with suggestions best when the giver of information is:
  - ◇ Most like them
  - ◇ Speaks the same language
  - ◇ Indicates awareness and acceptance of the realities of their lives
  - ◇ Does not judge or condemn them or their incarcerated family member.
- Place information about parental incarceration (and resources for addictions treatment, shelters, and counseling for victims of violence) in exam rooms and bathroom stalls. This will let patients take pamphlets and tear-off phone numbers anonymously.



# Children of Incarcerated Parents Library

CIPL 306: Tips for Fostering Trust and Safety

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*Health Care Providers can find more about helping children of incarcerated parents and their families at the Children of Incarcerated Parents Library (CIPL), [www.nrccfi.camden.rutgers.edu](http://www.nrccfi.camden.rutgers.edu) . See especially the CIPL 300 series, For Health Care Providers.*



## **About the Children of Incarcerated Parents Library (CIPL)**

Pamphlets may be downloaded without charge from the National Resource Center on Children and Families of the Incarcerated current website:

[nrccfi.camden.rutgers.edu](http://nrccfi.camden.rutgers.edu).

Duplication is permitted and encouraged, so long as the materials are not altered or sold. Sorry, the NRCCFI is not budgeted to mail free copies. Send comments to the Children of Incarcerated Parents Library at Rutgers University Camden, 405-7 Cooper Street, Room 103, Camden, NJ 08102-1521.

856/225-2718, 856/225-6435 Fax

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The Children of Incarcerated Parents Library was written by Ann Adalist-Estrin, and was edited and published by Jim Mustin.

