



# Children of Prisoners LIBRARY

[www.fcnetwork.org](http://www.fcnetwork.org)

For Health Care 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.



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*CPL 306: Tips for Fostering Trust and Safety*

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*Health Care Providers can find more about helping children of prisoners and their families at the Children of Prisoners Library (CPL), [www.fcnetwork.org](http://www.fcnetwork.org). See especially the CPL 300 series, For Health Care Providers.*



## **About the Children of Prisoners Library (CPL)**

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The Children of Prisoners Library was written by Ann Adalist-Estrin, who adapted material from *How Can I Help* and authored other materials in the Children of Prisoners Library. It was edited and published by Jim Mustin.

