

# Children of Incarcerated Parents: A Hidden Population



**Children of Incarcerated Parents: Integrating Research into Best Practices and Policy (Children of Incarcerated Parents: From Understanding to Impact)** by Judy Krysik

★★★★☆ 4.7 out of 5

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In the United States, over 2.7 million children have a parent who is incarcerated. This is a staggering number, and it represents a hidden population of children who are often overlooked and underserved.

Children of incarcerated parents face a unique set of challenges. They may experience stigma and discrimination, and they may have difficulty adjusting to the absence of their parent. They are also at an increased risk for mental health problems, academic difficulties, and involvement in the criminal justice system.

The impact of parental incarceration on children can be devastating. Research has shown that children of incarcerated parents are more likely to:

- Experience poverty and homelessness
- Have difficulty in school
- Develop mental health problems
- Be involved in the criminal justice system

The challenges that children of incarcerated parents face are compounded by the fact that they are often invisible. They may not tell anyone that their parent is incarcerated, and they may not seek help because they are afraid of being stigmatized.

It is important to raise awareness of the challenges that children of incarcerated parents face. We need to educate the public about the impact of parental incarceration on children, and we need to develop programs and services to support these children.

### **What Can We Do to Help Children of Incarcerated Parents?**

There are a number of things that we can do to help children of incarcerated parents. These include:

- **Providing support and resources to families.** Families of incarcerated parents need financial assistance, housing, and other resources to help them meet the challenges they face.
- **Educating the public about the impact of parental incarceration on children.** The public needs to be aware of the challenges that children of incarcerated parents face, so that they can be more understanding and supportive.

- **Developing programs and services to support children of incarcerated parents.** These programs and services can provide children with counseling, tutoring, and other support to help them cope with the challenges they face.

By working together, we can make a difference in the lives of children of incarcerated parents. We can help them to overcome the challenges they face, and we can help them to reach their full potential.

## Additional Resources

- The Sentencing Project: Kids Left Behind
- The ACLU: Children of Incarcerated Parents
- Vera Institute of Justice: Fostering Change: How Child Welfare and Criminal Justice Systems Can Work Together

\*\*Image alt attributes:\*\*

\* A young child sitting on a bed, looking sad and alone. \* A group of children playing in a prison visiting room. \* A parent and child hugging through a prison window.



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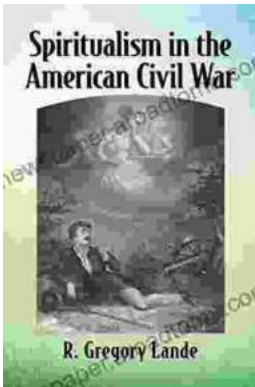
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