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# Children of incarcerated parents: Challenges and resiliency, in their own words

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### Abstract

This study explores the impact of parental incarceration on children, from the children's own perspectives. The sample includes thirty-four children interviewed regarding how having a parent in prison affected their family and peer relationships, school experiences, their reactions to prison visits, and perceptions of prison. The interviews explored both their challenges and their strengths. The children revealed a variety stresses around social isolation and worrying about their caregivers, but also demonstrated resilience in locating venues for support and self-sufficiency. Recommendations for policy, service, and community actions and interventions are presented.



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## Keywords

Children of incarcerated parents; Parents in prison

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