

Resilience

Caregivers can reduce the negative impact of hateful discriminatory messaging about immigrants. It is important to focus on family strengths, cultural strengths, and themes of resilience. Resilience is the ability to bounce back from adversity or stress by adapting, recovering, and continuing to function effectively.



- Reinforce cultural pride.
- Talk about the experiences of immigrants in a positive light. Share your family's story.
- Focus on the strength it takes to leave one's home country.
- Everyone deserves safety and dignity.
- Many people value immigrants and are fighting to protect their rights.

Strength - Hope - Community

There is power in cultivating hope, joy, and a sense of belonging. Building collective strength can also include community organizing, mutual aid groups, or getting involved in immigrant rights movements.

Healing

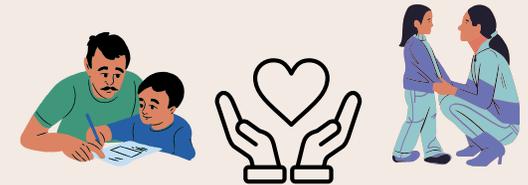
Children can experience emotional and physical symptoms during times of heightened distress, including changes in behavior at home or school. There are many ways that families can support one another and heal together.

Play a game
Take deep breaths, rest
Listen to music, dance, sing
Read, watch TV/movie
Connect with nature
Color, draw, create art
Walk, exercise, move your body
Cook, share a meal
Prayer, worship
Gather, talk, share laughter
Maintain family & cultural traditions



It is difficult to talk with children about immigration enforcement and anti-immigrant actions. Seek help and social support from people you trust. Connect with a provider or professional if your child needs additional care. You are not alone!

Support for Parents and Caregivers Talking with Children about Immigration Enforcement



During times of heightened distress, children look to caregivers to help them understand what is happening. What is happening with immigration enforcement in our communities is not normal. It is understandable to experience fear and anxiety when we do not feel safe.

We hope this guide can support caregivers as they navigate these difficult times.





Communicate

Children look to adults to help them process the world around them. Talk with your child about I.C.E. Choose a time that feels relaxed and familiar such as family time on the couch or during a shared activity.

- Acknowledge what is happening.
- Ask a question to assess what the child knows or follow the child's lead if they ask/comment.
- Use simple and clear explanations.
- Speak calmly, show affection, take notice of how children are responding.
- Monitor how much detail you provide, particularly for young children.

“Immigrants move to another country to find safety or a better life.”

“Being an immigrant is not a crime.”

“I.C.E is a government agency focused on immigration.”

“Deportation is when someone has to leave the country when they don't want to.”

“Everyone has rights that are protected by the U.S. Constitution.”



Support

Listen, reflect what you hear, and respond calmly to children's questions and concerns. Reassure them that you understand how they are feeling. Allow them time to process – there might be silence. Encourage them to ask questions-- some children will repeat the same questions. It is okay if you do not have all the answers, but it is important not to over-promise.

“Thank you for sharing with me.”

“It is okay to feel [scared/sad/confused].”

“Sometimes I feel [____] too.”

“You can talk to me whenever you hear or see something upsetting.”

“You are NOT alone.”

“We will get through this together.”



Prepare

Families can better navigate distressing times when they have a plan. The goal is for adults to prepare and to help children understand what to do. For teenagers, you might talk about how to respond to different scenarios.

- If I.C.E is in the community
- If caregiver is detained or arrested
- If stopped or questioned by I.C.E

Know Your Rights information and videos:

<https://www.wehaverights.us/spanish>

Steps to create a Family Preparedness Plan:

<https://www.ilrc.org/resources/step-step-family-preparedness-plan>

- Caregivers prepare and then review the plan with children.
- Store important documents in a safe and accessible place.
- Children have access to emergency contact information (memorize number, store in phone).
- Show a photo of the person(s) to help young children.

Save the ICIRR Family Support Network
855-435-7693