

# Resources for Parents, Caregivers & Educators



Arrowhead Library System



This resource was originally created by the Evanston Public Library in Illinois, in response to community requests from those concerned about the well-being of children amid recent immigration enforcement. The Cloquet Public Library revised some of the information to include more Minnesota and locally specific resources. Arrowhead Library System is supporting and sharing these edited resource links.

The resources that are included address child-centered and family-focused issues, such as conversation starters about immigration, anxiety, mental health, family emergency plans, legal resources, and more. We hope you find it helpful.

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Arrowhead Library System (ALS) Library Cards are available for FREE to the area residents. Visit your local library to get a card, or apply online from [here](#).

Search the [Arrowhead Library online catalog](#) for materials and place a hold on an item. If ALS does not have the item you're looking for, you can search the state-wide catalog, [MNLINK](#).

## For Adults

### *Know Your Rights*

[Comprehensive Resource List](#) includes:

- [MN Emergency Legal Guide Before/During ICE Arrest \(English and Spanish\)](#)
- Encounters with Immigration and Customs Enforcement (ICE) and the Police
- Family Emergency Preparedness
- Deferred Action for Childhood Arrivals (DACA)
- Legal Clinics
- Food Security
- Vehicles/Transportation
- Healthcare/Mental Health
- Energy Assistance
- Tax Assistance
- Renter's Rights
- Trainings
- Volunteer/Donate

Source: The Immigrant Law Center of Minnesota (ILCM)

[Know Your Rights: If You Encounter ICE](#)

Source: National Immigrant Justice Center

[Immigration Resources \(English, Spanish, Hmong, Somali\)](#)

Source: City of St. Paul, Minnesota

[Printable Copies of Know Your Rights Wallet Sized Cards \(English, Spanish, Hmong, more\)](#)

Source: Immigrant Law Center of Minnesota (ILCM)

### *Legal Information*

[Carlton County \(MN\) Law Library](#)

[Minnesota State Law Library](#)

[Justice North](#)

### *Guiding Conversations with Children*

[10 Expert Tips for Talking to Kids about ICE Terrorizing their Friends & Family \(Bilingual\)](#)

Source: L.A. Taco

[Talking With Children About Violence in the News: Guidance for Parents and Caregivers](#)

Source: NAMI Minnesota

[For Kids: What To Do if You're Worried About ICE](#)

Source: Children's Network of Solano County, CA

[Hear the Words of Detained Migrant Children](#) (Video)

Source: New York Times Opinion

[How to Talk to Children about Immigration](#) (Video)

Source: NBC Chicago

[How to Talk to Children About ICE and Immigration](#)

Source: FamilyWorks in Seattle, WA

[How to Talk to Kids about Deportation](#)

Source: Psychology Today

[How to Talk With Your Kids About Immigration](#)

Source: Global refuge

[Kids Meet a Person Targeted for Deportation by I.C.E.](#) (Video)

Source: HiHo Kids

[Kids Talk about Immigration](#) (Video)

Source: Raices Texas

[Protecting Children in Schools Against Immigration Enforcement: What Schools and Parents Can Do](#)

Source: Immigrant Legal Resources Center

[Struggling for words? Tips for Talking to Kids About Immigration Enforcement](#)

Source: LAist

[Talking to Kids About Immigration Enforcement in Their Communities](#)

Source: LA Children's Hospital

[Immigration Resources \(English, Spanish, Hmong, Somali\)](#)

Source: City of St. Paul, Minnesota

### *Emergency Family Preparedness Planning*

Immigrant Legal Resource Center: Step-by-Step Family Preparedness Plan  
(Available in [English](#), [Spanish](#), [Tagalog](#), [Vietnamese](#), and [Traditional Chinese](#))

Source: Immigrant Legal Resource Center

[Family Preparedness Toolkit](#) (English)

[Family Preparedness Recorded Presentation](#) (English)

[Family Preparedness Toolkit](#) (Spanish)

[Family Preparedness Recorded Presentation](#) (Spanish)

[NAMI HelpLine](#)

Source: National Alliance on Mental Illness (NAMI)

[Parents and Teachers as Allies: A Guide for Parents and Teachers Working Together to Support their Students](#)

Source: National Alliance on Mental Illness (NAMI)

### *Books on Immigration, Detention Centers, and Deportation*

[Children of the Land](#) by Marcelo Hernandez Castillo

[A Crisis](#) by Jonathan Blitzer

[Denied, Detained, Deported: Stories From the Dark Side of American Immigration](#) by Ann Bausum

[The Deportation Machine: America's Long History of Expelling Immigrants](#) by Adam Goodman

[Deported Americans: Life After Deportation to Mexico](#) by Beth C. Caldwell

[Everyone Who Is Gone Is Here: The United States, Central America, and the Making of](#)

[Raiding the Heartland: An American Story of Deportation and Resistance](#) by William D. Lopez

[Facing Fear](#) by Karen Lynn Williams

[La Frontera:el viaje con papá = My journey with papa](#) by Deborah Mills

[The Grief Keeper](#) by Alexandra Villasante

[How Race Is Made in America: Immigration, Citizenship, and the Historical Power of Racial Scripts](#) by Natalia Molina

[Humanizing Immigration: How to Transform Our Racist and Unjust System](#) by Bill Ong Hing

[Land of the Cranes](#) by Aida Salazar

[The Penguin Book of Migration Literature Departures, Arrivals, Generations, Returns](#)

[Separated: Family and Community in the Aftermath of An Immigration Raid](#) by William D. Lopez

[The Sun Is Also a Star](#) by Nicola Yoon

[La Tierra De Las Grullas](#) by Aida Salazar

[Without A Country: The Untold Story of America's Deported Veterans](#) by Malcolm J. Garcia

### *Books On Trauma*

[Building Trauma-sensitive Schools: Your Guide to Creating Safe, Supportive Learning Environments for All Students](#) by Jen Alexander

[Equity-centered Trauma-informed Education](#) by Alex Shevrin Venet

Helping Kids Heal 75 Activities to Help Children Recover From Trauma and Loss  
by Rebecca W. Carman

Helping your Child With Loss and Trauma: A Self-help Guide for Parents by  
David Trickey

The Pain We Carry: Healing From Complex PTSD for People of Color : Reclaiming Wholeness Despite the Burdens of Systemic, Intergenerational, and Attachment Trauma by Natalie Y. Gutiérrez

The Politics of Trauma: Somatics, Healing, and Social Justice by Staci Haines

Responding to Student Trauma: Toolkit for Schools in Times of Crisis by  
Stephanie Filio

Trauma and Recovery: The Aftermath of Violence, From Domestic Abuse to Political Terror by Judith Lewis Herman

Trauma & Young Children: Teaching Strategies to Support & Empower by Sarah Erdman

Trauma-responsive Strategies for Early Childhood by Katie Statman-Wei

What Happened to You? Conversations on Trauma, Resilience & Healing by  
Bruce Perry

Your Guide to Creating Safe, Supportive Learning Environments for All Students  
by Jen Alexander

## For Kids

### *Books About Current Events, the News and Safety*

The Breaking News by Sarah Lynne Reul

Can We Please Give the Police Department to the Grandmothers by Junauda Petrus

Most People by Michael Leannah

One Thursday Afternoon by Barbara DiLorenzo

Qué hacer cuando las noticias te asustan: guía para niños para entender las noticias actuales by Jacqueline B. Toner

Something Bad Happened: A Kid's Guide to Coping With Events in the News by Dawn Huebner

Stay Angry Little Girl by Madeleine L'Engle

What to Do When the News Scares You: A Kid's Guide to Understanding Current Events by Jacqueline B. Toner

### *Picture Books on Immigration, Deportation, and Separation*

Areli es una dreamer: una historia real by Areli Morales (Spanish version)

Areli Is A Dreamer: A true story by Areli Morales (English version)

Barrio Rising: The Protest That Built Chicano Park by María Dolores Águila

Bright Star by Yuyi Morales

A Different Pond by Bao Phi

Dreamers by Yuyi Morales

Free To Learn: How Alfredo Lopez Fought For the Right To Go To School by Cynthia Levinson

From North To South = Del norte al sur by Rene Colato Lainez

La frontera: el viaje con papa / The Border: my journey with papa by Alfredo Alva, Deborah Mills and Claudia Navarro

**Hear My Voice: The Testimonies of Children Detained At the Southern Border Of the United States = Escucha mi voz: los testimonios de niños detenidos en la frontera sur de los Estados Unidos** by Warren Binford

I Wish You Knew by Jackie Azúa Kramer

I'm New Here by Anne Sibley O'Brien

The Invisible String by Patrice Karst

Just help!: How to Build a Better World by Sonia Sotomayor

A Kids Book About Immigration by MJ Calderon (English)

Kisses Are Invisible by dee Romito

The Kissing Hand by Audrey Penn

Un libro para niños sobre inmigración by MJ Calderon (Spanish)

Little Rebels by Yuyi Morales

La luna mango: cuando la deportación divide a una familia by Diane De Anda

Mama's Nightingale: A Story of Immigration and Separation by Edwidge Danticat

Missing Violet by Kelly Swemba

My Two Border Towns by David Bowles

The Notebook Keeper: A Story of Kindness From the Border by Stephen Briseno

Playing At the Border: A Story of Yo-Yo Ma by Joanna Ho

Still dreaming = seguimos soñando by Claudia Guadalupe Martinez

To the Other Side by Erika Meza

Something Happened to My Dad: A Story About Immigration & Family Separation by Ann Hazzard

Two White Rabbits by Jairo Buitrago and Rafael Yockteng

Undocumented by Duncan Tonatiuh

Until Someone Listens: A Story About Borders, Family, and One Girl's Mission by Estela Juarez

We Are Like the Clouds / Somos como las nubes by Jorge Argueta and Alfonso Ruano

What Will I Do If I Miss You? By Melissa Schultz

Where Butterflies Fill the Sky: A Story of Immigration, Family & Finding Home by Zahra Marwan

You Weren't With Me by Chandra Ghosh Ippen

*Chapter Books and Graphic Novels on Immigration, Deportation, and Separation*

The Arrival by Shaun Tan

Barefoot Dreams of Petra Luna by Alda P. Dobbs

Before We Were Free by Julia Alvarez  
The Bluest Sky by Christina Diaz Gonzalez  
Efrén Divided by Ernesto Cisneros  
Immigration Detention Inc: The Big Business of Locking up Migrants by Nancy Hiemstra  
Immigration, Refugees, and the Fight for A Better Life by Elliott Smith  
Inside Siglo XXI: Locked up in Mexico's Largest Immigration Detention Center by Belén Fernández  
The Jumping Tree by René Saldaña  
My Family Divided: One Girl's Journey of Home, Loss, and Hope by Diane Guerrero  
Their Great Gift by John Coy and Wing Young Huie  
They Call Her Fregona: A Border Kid's Poems by David Bowles  
When Stars Are Scattered by Victoria Jamieson and Omar Mohamed

*Picture Books on Anxiety, Fear, Trauma and Dealing with the Unknown*

The Big Worry Day by K .A. Reynolds  
A Blue Kind of Day by Rachel Tomlinson  
Everybody Feels Fear by Ashwin Chacko  
The Fearless Storyteller by Cassie Silva  
Go To Sleep, Anxiety! by Luna Chi  
Good Night Thoughts by Max Greenfield  
Healing Days: A Guide for Kids Who Have Experienced Trauma by Susan Farber Straus  
Grief Is An Elephant by Tamara Ellis Smith  
I'm Not Scared: A Big Hedgehog and Little Hedgehog Adventure by Britta Teckentrup  
A Kid's Book About Trauma by Megan Bartlett  
The Leaf Thief by Alice Hemming  
The Monster and Me by Nadiya Hussain  
The Name Jar by Yangsook Choi  
Once I Was Very Very Scared by Chandra Ghosh Ippen  
A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma by Margaret M. Holmes  
When Harley Has Anxiety: A Fun CBT Skills Activity Book to Help Manage Worries and Fears (For Kids 5-9) by Regine Galanti, PhD  
The Worry Box by Suzanne Chiew

*Picture Books on Emotional Regulation*

Alphabreaths Too: More ABCs of Mindful Breathing by Christopher Willard  
Brave Every Day by Trudy Ludwig

Breathe Like Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere by Kira Willey

Breathing Makes It Better: A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-between by Christopher Willard

Calm Your Roar Like A Dinosaur: How to Relax Muscle by Muscle by Colleen A. Patterson

Even Superheroes Have Bad Days by Shelly Becker

Hasta los superhéroes tienen días malos by Shelly Becker

The Heart And the Bottle by Oliver Jeffers

Here: I Can Be Mindful by Allyson Braithwaite Condie

Hope In A Jar by Deborah Marcero

How the Forest Feels: Sensory Play Nature's Way by Wendi Silvano

How To Tantrum Like A Champion: Ten Small Ways to Temper Big Feelings by Allan Wolf

It's OK: Being Kind to Yourself When Things Feel Hard by Wendy O'Leary

A Little Emotional by Chris Eliopoulos

Mama In the Moon by Doreen Cronin

Me And My Fear by Francesca Sanna

Meltdown! by David Griswold

Mindful Day by Deborah Hopkinson

Mindful Nature: Connecting with Our Great Green World by Paige Towler

Oak: The Littlest Leaf Girl by Lucy Fleming

Puppy in my Head: A Book About Mindfulness by Elise Graval

The Rabbit Listened by Cori Doerrfeld

A Rainbow Inside My Body: Finding Peace Through Yoga, Breathing Exercises, and the Chakras by E. Katherine Kottaras

Ruby Finds a Worry by Tom Percival

A Shelter for Sadness by Anne Booth

Sometimes all i need is me by Juliana Perdomo (English)

Taco Falls Apart by Brenda Miles

Tell Someone by Debra Kempf Shumaker

Too Many Bubbles: A Story About Mindfulness by Christine Peck

A veces, yo soy todo lo que necesito by Juliana Perdomo (Spanish)

What Do You Do with a Problem? By Kobi Yamada

The Whatifs by Emily Kilgore

When Worry Takes Hold by Liz Haske