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# **Talking to Kids About Immigration: A Family Guide**

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# **Introduction**

**Welcome to our family guide on discussing immigration. This booklet will assist you in having gentle, honest conversations with your children about immigration issues. Remember, every family is unique, and you know your child best. Use this guide to initiate conversations and respond to questions in a manner that feels right for your family.**



# Stay Calm and Reassuring

- **Take a deep breath before talking about immigration.**
- **Use a calm and comforting voice.**
- **Remind your child that they are safe and loved.**
- **Let them know that school is a welcoming place for everyone.**

**Remember: Your child looks to you for how to feel. When you're calm, they'll feel calmer too!**



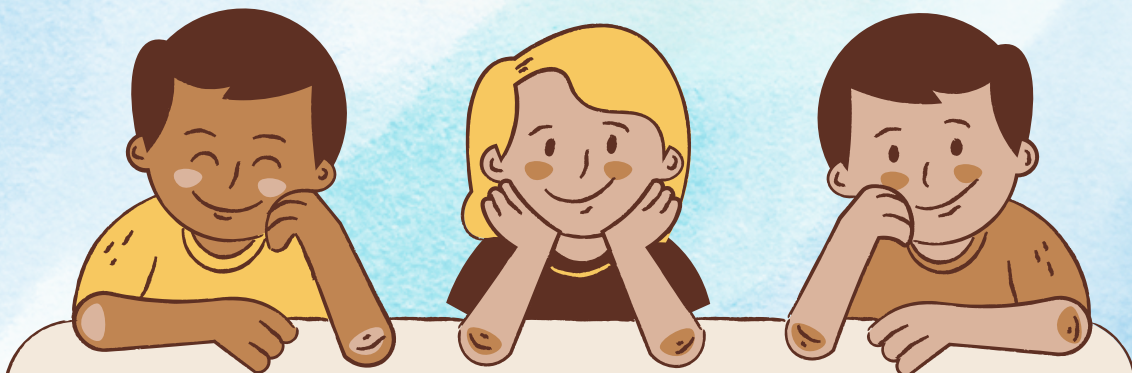


# Keep It Simple for Little Ones

**For younger children (TK-3rd Grade):**

- **Use easy-to-understand words.**
- **Focus on kindness and belonging.**
- **You can say: “Some people have questions about how they came to this country, but we are all important, and everyone deserves to feel safe and happy.”**

**Tip: Use stories or picture books to help explain complex ideas in a child-friendly way.**





# **Be More Detailed with Older Kids**

**For older children (4th-8th Grade):**

- **Answer questions honestly, but avoid scary details.**
- **Explain that there are rules about who can live in the country.**
- **Mention that there are people and organizations that help families.**
- **Encourage questions: "What have you heard about immigration? What would you like to know?"**
- **Tip: Encourage older kids to ask questions and share what they've heard from friends or at school.**



# Talking About Undocumented Status

**If your family or family members are undocumented:**

- **Be honest with your children about your family's situation.**
- **Reassure them that you have plans to keep the family safe.**
- **Explain that being undocumented doesn't make someone a bad person.**
- **Teach them about privacy and what information to keep within the family.**
- **You can say: "Our family's status is private. We don't need to share this with others, but it doesn't change how much we love and care for each other."**

**Tip: Practice what to say if asked about immigration status: "That's private information for my family."**



# Limit Their Exposure

- **Be mindful of what information your child really needs to know.**
- **Pay attention to news and social media that your child might see or hear.**
- **Turn off TVs in common areas if they're showing upsetting news about immigration.**

**Remember: It's okay to protect your child from information that might be too much for them to handle.**





# Listen and Validate Feelings

- **Pay attention to your child's emotions.**
- **Let them know it's okay to feel scared or confused.**
- **Ask open-ended questions like:**
  - **“What are your thoughts about what's happening?”**
  - **“How does this make you feel?”**
- **Encourage older kids to think about supporting classmates or community members who may be affected.**

**Activity Idea: Draw pictures together of things that make your child feel safe and loved.**





# **Correct Misunderstandings Gently**

- **Listen to what your child thinks about immigration.**
- **Kindly correct any wrong ideas they might have.**
- **Focus on what is true and reassuring.**
- **You can say: “Not everyone is asked questions by immigration officers.”  
“Families are working together to make sure kids are safe.”**

**Tip: Ask your child where they heard certain information to understand their concerns better.**



# Answering Tough Questions

Your child might ask difficult questions.

Here's how to respond:

- **Be honest without sharing too much:** “Our family is working to stay safe, and there are people who can help us if we need it.”
- **Focus on the positive:** “Our job is to take care of each other, and we are doing that right now.”
- **Seek support together:** Look for community organizations or talk to school staff who can help.

**Remember: It's okay to say, “I'm not sure, but let's find out together.”**





# **Spreading Hope and Togetherness**

- **Remind your child that families and communities work together to stay safe.**
- **Emphasize that there are many people who want to help.**
- **Encourage your child to be kind and welcoming to all their classmates.**

**Final Thought: “We are strong together, and there’s always hope for a bright future!”**





# School is a Safe Space

- **Remind your child that schools in California are safe.**
- **Their immigration status is not shared or collected at school.**
- **Encourage them to talk to a teacher, counselor, or trusted adult at school if they're worried.**

**Activity Idea: Make a list of trusted adults at school your child can talk to.**





# Embracing Community Support

- **Reassure your child that they are part of a larger community that values diversity and inclusion.**
- **Encourage your child to participate in cultural exchange activities at school.**
- **Remind them that many people in the community care and want to help.**
- **Join local support groups or community organizations that advocate for immigrant rights.**





# Helpful Resources for Families

If you need more help or information, here are some places to start:

- **Immigrant Legal Resource Center:**  
<https://www.ilrc.org>
- **Call 211**
- **Care Solace -**
  - **Call 888-515-0595**
  - **Visit [caresolace.com/fsdparents](https://caresolace.com/fsdparents) and either search on your own OR click “Book Appointment” for assistance by video chat, email, or phone.**

**Don't hesitate to reach out for support – you're not alone!**



# **Remember these 3 things when Talking to Kids About Immigration**

- 1. Keep it simple- Use age appropriate language**
- 2. Be honest- Address concerns openly**
- 3. Validate feelings- Show empathy and understanding**

