

DEMETRI MAKES A MEMORY QUILT

CONVERSATION STARTERS

Demetri Makes a Memory Quilt is a resource for families and educators to begin important conversations with children about the experience of a parent's incarceration. The feelings that arise in a loved one's absence can be complicated for a child, so talking it through with a supportive adult can help them feel seen and supported. Additionally, this story can help broader young audiences develop a deeper sense of understanding about this experience. Consider the following prompts and questions as you speak with children about the book:

Supporting children with an incarcerated loved one

- Demetri seems very sad that his mom is far from home. How do you feel when you think about [family member]?
- Sometimes I miss [family member], especially on holidays and big events. I remember when... [share a special memory.]
- I notice that when Demetri feels upset, he can help himself feel a bit better! Sometimes he takes deep breaths, draws, or talks about his feelings. We can do that, too. What helps you feel better when you are upset?
- It is natural to feel sad or angry while [family member] is away. What you are experiencing is very hard, so it can help for us to handle it together.

Building empathy among children without direct experience

- Demetri seems very sad that his mom is far from home. In what ways could we help him feel better?
- I notice that when Demetri feels upset, he can help himself feel a bit better! Sometimes he takes deep breaths, draws, or talks about his feelings. We can do that, too. What helps you feel better when you are upset?
- It is natural to feel upset when a family member leaves. Do you remember a time when you had to say goodbye to someone?
- Mr. Howard was kind to Demetri when he struggled to pay attention in class. Sometimes our friends need a little extra kindness when they are upset.