

Book Recommendations

Infant:

- *Woke Baby* by Mahogany L. Browne

Preschoolers:

- *The King of Kindergarten* by Derrick Barnes
- *Saturday* by Oge Mora

Elementary:

- *Mango, Abuela and Me* by Meg Medina
- *Fry Bread* by Kevin Noble Maillard

Pre-teens & Teens:

- *Hearts Unbroken* by Cynthia Leitich Smith
- *Stamped: Racism, Antiracism and You* by Jason Reynolds and Ibram X. Kendi



Resources for Educating Children

Tv Show Recommendations

- Sesame Street (ages 3-5)
- Daniel Tiger's Neighborhood (ages 2-4)
- Aruthur (ages 4-8)
- Mister Rodger's Neighborhood (ages 2-5)



Parent Resources

Educating your Child on Race and Racism

Addressing Racism

Racism is a huge issue in today's society that needs to be conversed between all ages. For parents, it is very important to address this issue with your children starting at a young age. This brochure is a guide made to help parents learn how to start a conversation about race and racism with their child. In order to build a better future for upcoming generations, it has to start with conversation.

Race and Cultural Pride

As a parent it is important to foster cultural and racial pride in your children as a way to boost their confidence, protect them from the negative connotations of race, and help them feel comfortable being themselves in this world.

- Teach your kids to love for their heritage
- Speak your native language around your kids
- Cook traditional meals
- Uphold values that are important to you and your family.

Words Matter

When talking about topics such as racism, it is important to use anti-biased language.

- Race should be acknowledged as a social construct and not as a biological or genetic descriptor.
- Use the term *racial/ethnic groups* instead of *racial/ethnic minority*. Some may consider the word minority to denote belief in human hierarchy which can be offensive.
- Be specific when talking about racial/ethnic groups. This acknowledges a group's culture, traditions, and experiences
- Avoid language that reinforces racial bias and negative stereotypes.

Be The Change



Helpful Resources for Parents

Lets talk

- A show for parents that discusses talking to kids about race and racism.

<https://www.pbs.org/show/lets-talk/>

Resources for Parents

- This site has many parenting tips when it comes to talking about race with your child.

<https://www.apa.org/res/parent-resources>

