



# Governor's Office of Early Childhood Development

## **Resources on Racism, Racial Equity, and Diversity for Families**

Mr. George Floyd's tragic death has elicited many emotions, reactions, and concerns for people throughout our nation and globally. As adults, we can struggle with a wide range of emotions we have feelings that may include anger, disgust, pain, confusion, rage, and some that we cannot put into words or identify.

If we put ourselves in the shoes of children, these feelings are even more complicated. Children will be affected by seeing reports on television, hearing emotional conversations, and feeling the emotions of their family members and caregivers. How do we as parents, caregivers, and early childhood care and education providers support our children? There is no one answer to this, but as adults we have the power to support our children, no matter their age. Below we have compiled some resources about race, racism, diversity, and inclusion that may support you, your children, your family, and your community.

## **Resources for Adults about Race, Racism, Equity, and Diversity**

- ✚ ["Conversations About Race for Adults"](#) is a list of resources compiled by The Early Childhood Education Assembly to enable teachers, administrators, and family members to explore, better understand, and act to change individual and institutional racism in schools and society.
- ✚ [This 10-minute National Public Radio \(NPR\) podcast](#) discusses the possibly uncomfortable but needed topic: "How White Parents Can Talk to their Kids about Race".
- ✚ [The New York Times "A Conversation on Race"](#) is a series of short films about identity in America from various backgrounds and points of view.
- ✚ [This Teaching Tolerance article, "Living with the Bear"](#), addresses how children's exposure to violence on social media can be damaging and offers ways to support them when exposed.
- ✚ [The NPR Podcast "Beyond Protest: 5 More Ways to Channel Anger into Action to Fight Racism"](#) explores other ways to protest racial injustice and support racial equity amid the ongoing COVID-19 pandemic.

## **How Caring Adults Can Talk to Children about Race, Racism, and Equity**

- ✚ As noted in this [20-minute NPR audio recording on "Talking Race with Young Children"](#), babies notice differences in hair texture, skin color, and eye shape. So how can parents use these natural observations to discuss race, diversity, and inclusion?



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- ✦ [“Beyond the Golden Rule: A Parent’s Guide to Preventing and Responding to Prejudice”](#), a Teaching Tolerance publication, is a 31-page PDF book with sections for preschool aged children, on having difficult conversations, and addressing personal bias.
- ✦ [“Talking to Children about Tragedies and Other News Events”](#) is an article from the American Academy of Pediatrics that includes suggestions for talking to young children and children with developmental delays. It also includes a video on how to talk to children after a disaster.
- ✦ [“Racism and Violence: How to Help Children Handle the News”](#) is an article from the Child Mind Institute that gives pointers on the best ways to talk to children about current frightening events. [En Español.](#)
- ✦ [“Talking to Children about Racial Bias”](#) is an article from the American Academy of Pediatrics that discusses how children learn racial bias, strategies to deal with racial bias, and how parents address their own racial bias.

## **Resources for Children about Race, Diversity, and a Positive Sense of Self**

- ✦ [Click here](#) for a link to a list of games and apps with diverse characters for children between preschool age (2-4 years old) through teenage years (13+).
- ✦ [Click here](#) for a list of books with characters of color. [Here is a list of books](#) for children preschool through 7<sup>th</sup> grade on talking to children about racism and justice.
- ✦ [This article, “Help Your Kids Find Books with Diverse Characters”](#) discusses the importance of expanding multi-cultural representation in children’s books. In a 2013 study, out of 5,000 children’s books published only 93 were about Black people. [En Español.](#)
- ✦ [“Activity Book for African American Families: Helping Children Cope with Crisis”](#) was created by the U.S. Department of Health & Human Services National Institutes of Health in 2001 after the September 11<sup>th</sup> tragedy and includes activities focused on supporting, comforting, and listening to children, as well as fostering a positive self-image.
- ✦ [Sesame Street’s “Feeling Worried”](#) is a series of interactive activities that can be used if these difficult times cause children to feel anxious or worried.