

BRIGHAM HEALTH



BRIGHAM AND  
WOMEN'S HOSPITAL

# Racial Justice For Kids

*There is a lot happening in our world right now and it is natural to have questions about how to approach these heavy topics with your children. The American Academy of Pediatrics recommends that parents actively engage their children in discussions around race and racial bias. Children might hear conversations between peers at school, between adults, or see videos in the news/online, and be curious or confused about their implications. They may be scared and have questions about protests, their family's safety, and why people have been killed by the police. Hopefully, this short list of tips and resources may help as you have these important conversations.*



## TIPS FOR PARENTS

- *Start conversations early.* Young children absorb a lot of information, and even at 6 months of age, a baby's brain can notice race-based differences that they can internalize as they grow older.
- *Check in with your child* about what they know, what they've seen and how they feel. Encourage your child to ask questions, and watch for changes in their behavior.
- *Limit what media children see.* Don't leave TV on in the background and set time limits.
- *It is ok to say, "I'm not sure"* and return to difficult questions later. These conversations are a marathon, not a sprint!
- *Be mindful* of your actions and words. You are an incredibly powerful role model for your child.
- *Tune in to your own emotions and biases.* It is normal for you to be anxious to talk about these heavy issues and that's ok.

## RESOURCES

### American Academy of Pediatrics:

- <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>
- Advice on talking to children about racial bias written by the national organization of pediatricians

### African American Literature Book Club:

- <https://aalbc.com/content.php?title=Target+Age+Group+Descriptions>
- Books for children based on target age

### The Conscious Kid:

- <https://www.theconsciouskid.org/>
- Community of parents of color who are focused on parenting, education, and policy through a critical race lens critical race theory, with a list of books, resources and research.

### Colorism and Racism in Latinx Communities:

- <https://www.kunr.org/post/books-raise-anti-racist-latino-child#stream/0>
- List of books and strategies for talking about colorism and racism, particularly with Latinx children

### The Barefoot Mommy: Raising Kid Activists

- [www.rebekahgienapp.com/start/](http://www.rebekahgienapp.com/start/)
- Blog with Several Practical Tips to Help White Parents Raise Anti-Racist Children
- 15 Picture books about Social Justice  
<https://www.rebekahgienapp.com/social-justice-picture-books/>

### Parenting for Liberation:

- <https://parentingforliberation.org>
- A virtual community connecting black parents who are raising their children in the US

### EmbraceRace:

- <https://www.embracerace.org>
- Organization that has created a variety of content aimed at helping build a just and equitable community

### Reach Out and Read:

- <https://www.reachoutandread.org/wp-content/uploads/2020/06/Resources-on-the-Impact-of-Racism-on-Children.pdf>
- National campaign to integrate reading into pediatric practices and advise families about the importance of reading with their children. Has a number of resources on the impact of racism on children.

### PBS- Talking to Kids About Race: List of Resources

- <https://www.pbsocial.org/education/at-home-learning/talk-kids-anti-racism-list-resources/>

### Black-Owned Bookshop in Boston

- <https://frugalbookstore.net/>