

# Parent Talk

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## Talking To Kids About Racism

Conversations with your children surrounding racism and prejudice can be difficult. Your child may have seen something on TV or heard something at school and doesn't understand it. Naturally, they'll have questions for you. While challenging, these conversations can lead to your child developing growth and understanding and can help you as a parent teach them to practice anti-racism. We've put together a collection of some tips to get you started below.

### Be Honest

While it may initially seem like racism is a topic that will be too hard for your child to grasp, in many cases children can understand the concept if you explain it to them openly and honestly. Try to be as direct as possible with how you approach the subject and provide the information in a way that would make sense to your child while still being honest. Set a positive example if you encounter racism when with your child and challenge it openly so that your child may model your behavior.

### Use A Book Or Movie

There are a wealth of kid-friendly books and movies that cover the concept of racism and teaching anti-racist behavior. If you're finding the more direct conversation too tricky to navigate, these resources can be a perfect jumping off point for starting the dialogue. Kids often relate to what they see in a movie or read in a book, and this can help them build empathy. Check out our list of resources below for some recommendations!

### Team Up With Teachers

You don't have to educate your child alone! Team up with a teacher or even other parents to help build anti-racism in your child. Have a meaningful discussion with your child's history or social studies teacher to get a sense of how explaining and displaying racism is integrated into the lesson plan for the year. It can be helpful for your child to make connections between what they're learning in class and what acts of racism they may encounter in their day-to-day lives.

### Educate Yourself

If you're not feeling confident enough in your ability to talk to your child about racism, that's okay! It's possible nobody had this conversation with you as a child, but now you have the ability to change that for future generations. Educate yourself as much as possible on issues related to racism. Read a book, watch a documentary, volunteer at an event, attend a lecture. These are all things that can help you build understanding that you can then pass on to your child.

## Need more help?

Resources at The Baker Center are just a click away



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## Featured Resources



### Resources For Talking To Your Child About Racism

Books, articles, movies, and more! We've put together a comprehensive list of kid and parent-friendly resources for talking to your child about racism. Featuring works from notable black authors, these resources are meant to help both you and your child understand racism more deeply and to build anti-racist behaviors.

[LEARN MORE](#)