



# embrace race

All information taken from Embrace Race Resources for Children.

Parents Advice information on Race and Equality.

## 1. Start Early

- By 6 months of age babies are noticing racial differences; by age 4, children have begun to show signs of racial bias.
- Let your child know that it's perfectly okay to notice skin colour and talk about race. Start talking about what racial differences mean and don't mean.

## 2. Encourage your child.

Encourage your child to ask questions, share observations and experiences, and be respectfully curious about race.

- Expose your child to different cultural opportunities – photographs, films, books, or cultural events, for example – and discuss the experience afterwards.
- You don't have to be an expert on race to talk with our child. Be honest about what you don't know and work with your child to find accurate information.

## 3. Be mindful.

What children hear from us is less important than what they see us do.

- We are all role models to our young people. What we say is important, but what we do - is likely to have a bigger impact.
- Choose books and toys that include persons of different races and ethnicities.
- Make food from a range of cultures and religions.

## 4) Know and love who you are.

- Talk about the histories and experiences of the racial, ethnic, and cultural groups you and your family identify with. Talk about their contributions and acknowledge the less flattering parts of those histories as well.
- Tell stories about the challenges your family (your child's parents, aunts and uncles, grandparents and great grandparents, others) has faced and overcome.

## 5) Develop racial cultural literacy.

Develop racial cultural literacy by learning about and respecting others.

- Study and talk about the histories and experiences of groups we call African Americans, Latinos, Asian Americans, Native Americans, and whites, among others.
- Be sure your child understands that every racial and ethnic group includes people who believe different things and behave in different ways . There is as much diversity within racial groups as across them.

## 6) Be honest.

Be honest with your child, in age-appropriate ways, about bigotry and oppression.

- Be sure your child knows that the struggle for racial fairness is still happening and that your family can take part in that struggle.

## 7) Tell stories.

"Lift up the freedom fighters ": Tell stories of resistance and resilience.

- Every big story of racial oppression is also a story about people fighting back and "speaking truth to power." Teach your child those parts of the story too.
- Include women, children and young adults among the "freedom fighters" in the stories you tell. A story about racial struggle in which all the heroes are men wrongly leaves many people out.

## 8. Plan for a marathon, not a sprint.

- It's okay to say, "I'm not sure" or "Let's come back to that later, okay?" But then do come back to it.
- Make race talks with your child routine. Race is a topic you should plan to revisit again and again in many different ways overtime.