



26th June 2020



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Special Edition Newsletter

A Parent's Guide to Black Lives Matter

This 'Special Edition' newsletter was put together in the hope it will spark conversations in homes with caregivers and little ones. Caregivers are left wondering how to begin conversations about race, privilege, bias, riots, activism, social injustice, diversity and inclusivity. It's simply not enough to teach behavioural expectations- respect, kindness and bravery. What is age-appropriate will vary across each home and this document is not here to dictate but to highlight the importance of not delaying the conversations. Young children notice and think about race. Adults often worry that talking about race will encourage racial bias in children, but the opposite is true. Silence about race reinforces racism by letting children draw their own conclusions based on what they see. Teachers and families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity and skills to promote a more just future—but only if we talk about it!

Children are not too young to talk about race!



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At birth, babies look equally at faces of all races. At 3 months, babies look more at faces that match the race of their caregivers. (Kelly et al. 2005)

Children as young as two years use race to reason about people's behaviours. (Hirschfeld, 2008)

At 30 months, most children use race to choose playmates. (Katz & Kofkin, 1997)

Expressions of racial prejudice often peak at ages 4 and 5. (Aboud, 2008)

By five, Black and Latino children in research settings show no preference toward their own groups compared to Whites; White children at this age remain strongly biased in favour of whiteness. (Dunham et al, 2008)


By kindergarten, children show many of the same racial attitudes that adults in our culture hold—they have already learned to associate some groups with higher status than others. (Kinzler, 2016)

Explicit conversations with 5-7 year olds about interracial friendship can dramatically improve their racial attitudes in as little as a single week. (Bronson & Merryman, 2009)

Young children notice and think about race. Adults often worry that talking about race will encourage racial bias in children, but the opposite is true. Silence about race reinforces racism by letting children draw their own conclusions based on what they see. Teachers and families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity and skills to promote a more just future—but only if we talk about it!

Do some learning of your own to get ready for conversations with children. Here are some good places to seek information and training:

- Teaching Tolerance — <https://www.tolerance.org/>
- Raising Race Conscious Children — <http://www.raceconscious.org/>
- Embrace Race — <https://www.embracerace.org/>
- Teaching for Change — <https://www.teachingforchange.org/>
- AORTA Cooperative — <http://aorta.coop/>



as with anything,
be the example

CELEBRATE DIVERSITY & INCLUSIVITY

a world full of colours is a world full of beauty



Wouldn't it be terrible?
Wouldn't it be sad?
If just one single colour
was the colour that we had?
If everything was purple?
Or red? Or blue? Or green?
If yellow, pink, or orange
was all that could be seen?
Just imagine how dull
the world would be
If just one single colour
was all we got to see?

*Poem by Shane Derolf, "The Crayon Box That Talked",
a theme chosen by the National Anti-Discrimination
Campaign for Children*

Empathy through literacy

Empathy means being able to understand how someone else feels. No matter what race, ethnicity, religion, age, gender, sexuality or ability, we can - and should - teach empathy through reading and looking at books together. There are lots of fabulous books you can share with your children which not only build vocabulary but also raises confidence in using their voices and developing perspectives. Engage in questions children ask, don't rush through stories. Celebrate their curious minds and offer adult insight to the narratives being told.

Click on the link below for more resources, activities and tips that families can use to empower children to work towards racial equality

<https://yooopies.co.uk/c/press-releases/blacklivesmatter>

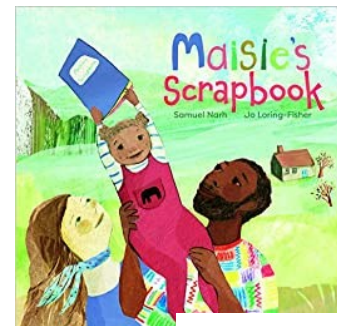
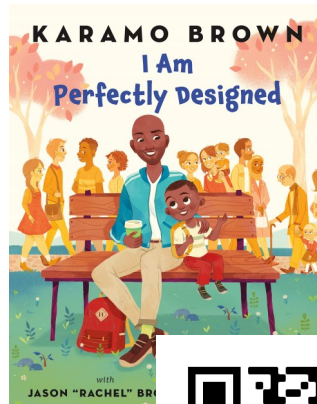
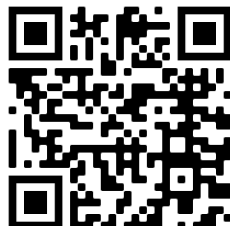
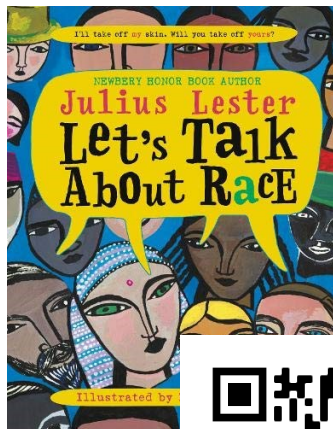
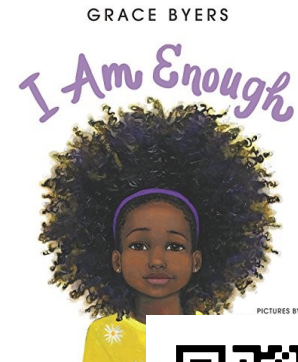
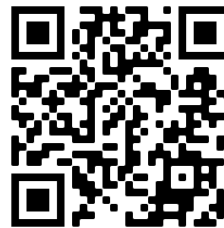
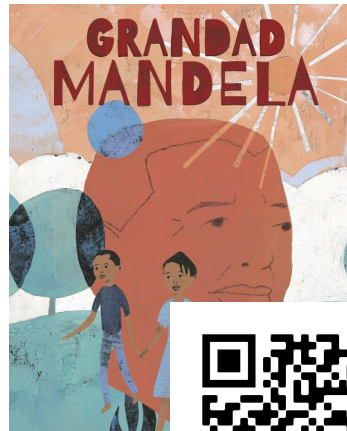
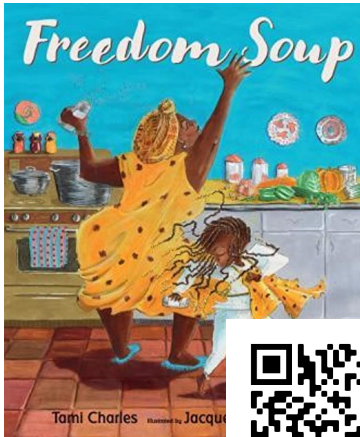
How to scan a QR code with your iPhone, iPad or iPod touch

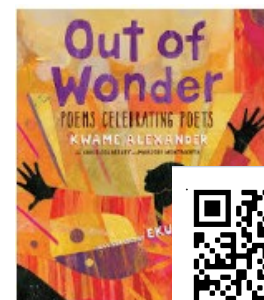
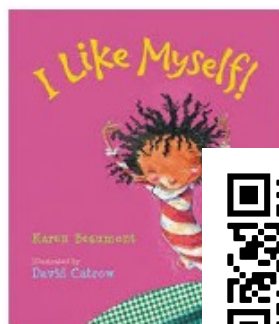
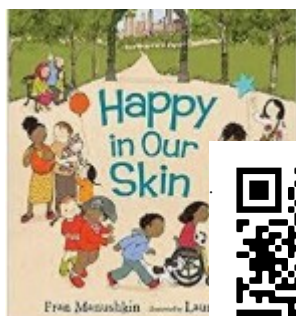
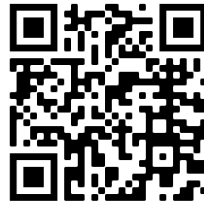
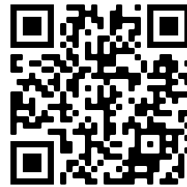
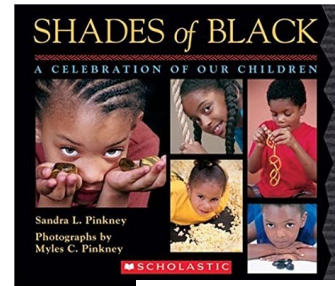
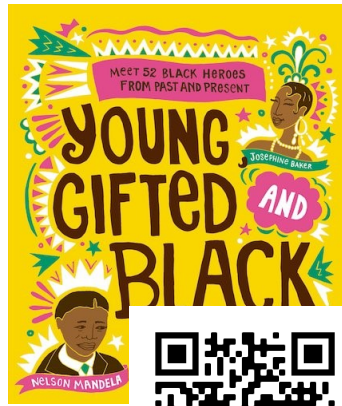
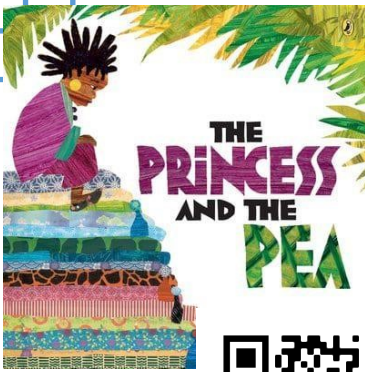
1. Open the Camera app from the Home screen, Control Center, or Lock screen.
2. Select the rear facing camera. Hold your device so that the **QR code** appears in the viewfinder in the Camera app. Your device recognizes the **QR code** and shows a notification.
3. Tap the notification to open the link associated with the **QR code**.

How to scan a QR code on an Android phone or tablet

1. On your compatible **Android phone** or tablet, open the built-in camera app.
2. Point the camera at the **QR code**.
3. Tap the banner that appears on your **Android phone** or tablet.
4. Follow the instructions on the screen to finish signing in.

Depending on the tablet or mobile device you have, please follow the instructions on the previous page to read along to these audio books!





As you continue to educate yourself and your children in the fight against racism, here are some other resources that you might find useful.

FIGHTING RACISM: KEY RESOURCES FOR PARENTS

BOOKS

I Am Not Your Baby Mother

by Candice Brathwaite

Why Are All The Black Kids Sitting Together

In The Cafeteria? by Beverly Daniel Tatum

Why I'm No Longer Talking To White

People About Race by Reni Eddo-Lodge

Me And White Supremacy by Layla F. Saad

Girl, Woman, Other by Bernardine Evaristo

White Fragility by Robin DiAngelo

So You Want To Talk About Race

by Ijeoma Oluo

How To Be An Antiracist by Ibram X Kendi

FILMS/TV

Sitting In Limbo - BBC One

Teach Us All - Netflix

13th - Netflix

When They See Us - Netflix

The Hate U Give -

George Tillman Jr.

Moonlight - Barry Jenkins

Malcolm X - Spike Lee

12 Years A Slave -

Steve McQueen

PODCASTS

Make Motherhood Diverse with

Candice Brathwaite

Alright For A Mum with Remi Sadé

and Carrie Anne Roberts

Parenting Forward with

Cindy Wang Brandt

Integrated Schools with Courtney

Mykytyn and Andrew Lefkowitz

Good Ancestor Podcast with Layla F. Saad

Code Switch with NPR

About Race with Reni Eddo-Lodge

SOCIAL MEDIA

Make Motherhood Diverse

@makemotherhooddiverse

Candice Brathwaite

@candicebrathwaite

The Conscious Kid @theconsciouskid

Helping Kids Rise @helpingkidsrise

Embrace Race @embracerace

Black Lives Matter @blklivesmatter

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