



How to Begin Talking to Your Kids About Race: An Introduction to Resources for Purposeful Parents

Recommended by The Purposeful Parenting Team at Southeast Psych

[How to Talk to Kids about Racism and Racial Violence](#) by Allison Briscoe-Smith, PhD., Common Sense Media
It starts with checking in with yourself. Creating safe space. And listening deeply.

[How White Parents Can Use Media to Raise Anti-Racist Kids](#) by Sierra Filucci, Common Sense Media
10 ideas for how to use media to start and continue conversations about race and racism with your kids.

[Children are not Colorblind: How Children Learn About Race](#) by Erin Winkler, PhD., High Reach Learning.

[10 Tips for Teaching and Talking about Race](#) by EmbraceRace

[Is My Skin Brown Because I Drank Chocolate Milk?](#) TedxTalk, Dr. Beverly Daniel Tatum. Through her eloquently told personal story of conversations with her 3 year old son and later with his teacher, Dr. Tatum realizes the things we don't say and the matters we don't discuss with our children can find their way into racist dialogue and thinking. She provides effective words to explain race and history of slavery to pre-schoolers.



[Books About Racism and Social Justice](#) to read and discuss with you child of all ages, Common Sense Media

[What White Children Need to Know About Race](#) by National Association of Independent Schools (NAIS)
Talking about race is not racist. It's OK — and important. Skills to teach kids to be proactive in discussing race, confronting racism, building interracial friendships, and acknowledging racism.



[Talking About Race web portal](#) National Museum of African American History & Culture

A new online portal designed to help individuals, families, and communities talk about racism, racial identity and the way these forces shape every aspect of society. Full of activities, videos, and 100 multimedia resources on a variety of topics. Here are 3: [Racial Identity](#); [Understanding Human Bias](#); [Understanding Whiteness and White Privilege](#)

[Speak Up Against Bias](#) Printable Pocket Card: Provides key phrases to use when speaking up against bias talk in order to promote tolerance.

[Filling our Cups: 4 Ways People of Color Can Foster Mental Health and Practice Restorative Healing.](#) Taking care of yourself, by Threads of Solidarity at Mindful.org.

Purposeful Parenting Program at [Southeast Psych](#) provides parents with the **key knowledge** and **practical skills** for **what matters most** in parenting.

For more Purposeful Parenting resources and tips, visit MyPurposefulParenting.com

Follow SoutheastPsych on FaceBook, Twitter, & Instagram

