

# Anti-racism Resources for Parents/Educators of Young Children

Collected and Reviewed by Emmy Brockman, MA. June 2020

## Video

- [CNN/Sesame Street racism town hall](#)
  - **The Source:** CNN and Sesame Street
  - **The Audience:** Meant for kids to watch with their parents. Depending on your child's level of video exposure, and connection to Sesame Street, I think this is appropriate for age 2+
  - **The Gist:** Sesame Street characters (Elmo, Big Bird, Abby Cadabby) - along with Van Jones, Erica Hill, and several special guests - talk candidly about race and racism in America and take questions from children across the country. The whole thing is worth a watch, but if your child prefers to focus on videos for only a short amount of time, I would recommend two clips:
    - Part One from 00:00 to 04:18: Elmo has questions about why people are protesting, and Elmo's father explains racism in clear and simple terms: "Sometimes, people are treated differently because of how they look and that is wrong."
    - Part Two from 00:00 to 03:05: Abby Cadabby shares a story about how her friend Big Bird was a victim of prejudice. This section defines empathy and talks about actions young children can take when they notice prejudice and racism.
- [How to Talk to Kids About Race](#)
  - **The Source:** The Atlantic
  - **The Audience:** Parents of children ages 0+
  - **The Gist:** This short (3 minute) animated video is a nice primer on why it is important to talk about race with young children, and a few recommendations of how to start those conversations
- [Let's Talk About Race](#)
  - **The Source:** The Tutu Teacher - a kindergarten teacher and blogger
  - **The Audience:** Children (and parents) age 2+
  - **The Gist:** Vera, who is black, talks to children in a clear, honest, and developmentally appropriate way about race. First she explains racism (~5 mins), then she reads the book "Let's Talk about Race" in a very engaging and dynamic way (~10 mins), finally she encourages children to take actions and speak out against injustices (~ 3 mins).

## Audio

- [Can We Talk? Talking to White Kids About Race & Racism](#)
  - **The Source:** Safe Space Radio
  - **The Audience:** White parents/educators of children age 0+

- **The Gist:** This hour long podcast/radio story features the voices of many experts and parents who share research, experiences, and recommendations for how white parents can approach talking to their children about race, and why those conversations are important. Personally, this resource really spoke to me, and I recommend it strongly to other white parents/educators. The episode also comes with a helpful [tip sheet](#).
- **[Talking Race With Young Children](#)**
  - **The Source:** NPR and Sesame Workshop
  - **The Audience:** Parents/educators of children age 0+
  - **The Gist:** This 20 minute podcast/radio story is arranged into several key “takeaways” and for each takeaway the hosts speak to experts and share stories from a diverse set of parents/kids. The page also features additional resources that are worth checking out.
- **[The Love](#)**
  - **The Source:** Alphabet Rockers
  - **The Audience:** Children age 3+
  - **The Gist:** The Love is a Grammy-nominated hip hop album for kids and families. Musically, it reminds me a lot of Hamilton. The songs are catchy; feature a mix of spoken word, rap, and singing; and touch on themes of identity, acceptance, and activism. Track titles include: Black Grxl Magic, 100k Masks, Until You’re Free, and They/Them.

## Books

- **[Raising White Kids: Bringing Up Children in a Racially Unjust America](#)**
  - **The Source:** Written by Dr. Jennifer Harvey: a white author, professor, and ordained minister (American Baptist Churches).
  - **The Audience:** White parents and educators age 0+
  - **The Gist:** “Raising White Kids offers age-appropriate insights for teaching children how to address racism when they encounter it and tackles tough questions about how to help white kids be mindful of racial relations while understanding their own identity and the role they can play for justice.” Full disclosure, I have not yet read this book, but if anyone wants to do a virtual book club - hit me up! [This 7-minute NPR interview with the author](#) gives a good overview of the focus of the book.
- **[Beyond the Golden Rule: A Parent’s Guide to Preventing and Responding to Prejudice](#)**
  - **The Source:** Teaching Tolerance - a project of the Southern Poverty Law Center
  - **The Audience:** Parents of children age 2+
  - **The Gist:** This book is broken down by age group and includes conversations about race, gender, ability, sexual orientation, and more. It is short (the section “The Preschool Years, Ages 2-5” runs 8 pages) and doesn’t dive too deeply into any topic, but does offer real-life anecdotes, a conversation with two experts in the field, and some quick tips.
- **[A Kids Book About Racism](#)**
  - **The Source:** Written by Jelani Memory: a black entrepreneur, author, and parent

- **The Audience:** Children ages 4+
- **The Gist:** This is a picture book without any pictures, but it is definitely written and visually designed in a way that is appealing to young children. If you'd like to check it out, there is a very nice [youtube video of the author](#) reading the book aloud.
- **[26 Children's Books to Support Conversations on Race, Racism & Resistance](#)**
  - **The Source:** The Conscious Kid Library and American Indians in Children's Literature
  - **The Audience:** Children ages 4-14
  - **The Gist:** I like this list because it includes detailed descriptions of each book, and recommends an age group. The majority of the books on this list are recommended for older kids (age 6+) but don't let that dissuade you from giving some of them a try!
- **[Readers Recommend a Diverse Children's Bookshelf](#)**
  - **The Source:** The New York Times
  - **The Audience:** Children ages 0-9
  - **The Gist:** This list is also divided by age groups and, unlike the above list, does include recommendations for infants on up. Many of my personal favorites are on this list.
- **[Early Childhood Anti-Bias Education Booklists](#)**
  - **The Source:** Social Justice Books - a project of Teaching for Change
  - **The Audience:** Parents/educators. Most of the recommend books are appropriate age 3+
  - **The Gist:** This book list is a bit broader than the previous two, and is divided into sections focused on various biases: language, gender, disability, race, and more. The list is well organized and includes links to Powell Books for each title. Many of these titles are a bit older, so they should be easy to find at the library.

## Blogs and Articles

- **[Strategies for talking about race with young children from Raising Race Conscious Children](#)**
  - **The Source:** Raising Race Conscious Children
  - **The Audience:** Parents/educators of children ages 1+
  - **The Gist:** This is a clear and concise list of strategies parents can use to talk to their young children about race. These strategies include: affirm children's questions/comments about race, challenge stereotypes, and talk about fairness/unfairness. You can click on each strategy to access deeper content, and make sure to explore all 4 (short!) pages of strategies by clicking the "next" button at the bottom of the page.
- **[Why I Talk About Race When I Read with my Toddler](#)**
  - **The Source:** Raising Race Conscious Children - blog post by K/1 teacher and parent Sachi Feris
  - **The Audience:** Parents/educators of infants or toddlers. Age 0+
  - **The Gist:** This short blog post offers a model of how you can talk about race while reading to your young child, and nicely summarizes why that is an important practice for white parents.
- **[Talking to Kids About Racism With Educator & Activist Emma Redden](#)**
  - **The Source:** Kids Vermont Blog

- **The Audience:** White parents/educators, with strategies appropriated age 1+
- **The Gist:** Emma Redden teaches preschool (ages 4 and 5) in Vermont, as well leading workshops and graduate classes about race, racial violence and white supremacy culture. She shares some of her preferred language and strategies, and some of the justification behind her teaching choices.
- **[10 Quick Ways to Analyze Children's Books for Racism and Sexism](#)**
  - **The Source:** The Council on Interracial Books for Children, updated for 2020 by Worlds of Words: Center of Global Literacies and Literatures at the University of Arizona.
  - **The Audience:** Parents, educators, and library professionals. These strategies are effective for board books on up. Age 0+
  - **The Gist:** Children's books are one of the best tools to explore race with your young child, and they are also a place where we might encounter stereotypes. This article gives a short guide to screening children's books for racism and sexism.
- **[How to Talk to Kids about Race and Racism](#)**
  - **The Source:** Parent Toolkit
  - **The Audience:** Parents/educators of children age 2+
  - **The Gist:** This resource features a lot of quotes from experts and includes several helpful embedded links to dive deeper. I particularly like this resource because it is available in both English and Spanish (button to switch language is at the top of the page).
- **[They're not too young to talk about race!](#)**
  - **The Source:** The Children's Community School
  - **The Audience:** Parents/educators of children age 0+
  - **The Gist:** This one page PDF states simply much for what is explored in more detail in the above resources. It isn't much use on its own, but can be a nice reference.

**Want more?** Educator and activist [Christine Saxan](#) has compiled an extensive list of anti-racism resources for teachers and families. I've focused my list mostly on resources for parents of young children (ages 0-6), while her list is broader and more comprehensive. [Check it out here!](#)