

The Holistic Parent Toolkit

THE ABCS OF RAISING ANTI-RACIST KIDS

holistic



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Introduction

IT'S A DIVERSE WORLD

The topics of race, discrimination and equity will, no doubt, arise at some point during your child's most formative years. As parents, it is most important to get in front of these conversations and occurrences by shaping your child's perspective of the diverse world around them.

Each of us plays a part in making our planet as inclusive and fair as possible. Parents do this by raising children who possess integrity, character and empathy; in households where racism is intolerable and equity is non-negotiable. Pediatrician Alanna Nzoma, M.D. was quoted in Michigan Health News saying, "It's so important for parents to recognize there is no such thing as being colorblind and we all have biases in how we view other people. When it comes to race, the biases are often negative for brown and Black people."

The Holistic Parent Toolkit is purposed to serve as a useful companion as you cultivate, nurture, support and raise anti-racist, school-aged children. In it, you'll find foundational words, ideas and activities all created to diversify and amplify your child's worldview and opinion. The Holistic Parent Toolkit provides an opportunity for children and parents to collaborate and grow together.



WORDS

TO

KNOW

KIDS' GLOSSARY

ALLY

A person who is a friend to all people, stands up for their friends and speaks out about what's right

ANTI-RACIST

A person who speaks up for someone who is being treated unfairly because of their race; A person who educates others about the goodness of every person no matter their race

COMPASSION

To care about the feelings of others

EQUITY

The belief that all people should receive the same opportunities regardless of their race, gender, class, upbringing or background

FAIRNESS

The act of treating others the way you want to be treated; Always doing what's honest and proper

FRIEND

A person someone trusts, enjoys time with, helps and shares fun time with; A person someone can depend on

KINDNESS

An expression of goodness (sharing, helping, using nice words, etc.)

MICROAGGRESSIONS

To make guesses about or say expressions to a person based upon their race

RACE

The identification of people based on physical appearance like skin color, hair texture and facial features

RESPECT

The act of being courteous, nice and friendly; Considering the opinions and ideas of other people

Here, we've taken an assortment of terms, some simple, others complex, and broken them down into digestible nuggets for your child to learn. A general understanding of these important words gives your anti-racist child a solid foundation to build upon.

KIDS' GLOSSARY

WORDS

TO

KNOW

BIAS

A favoring of ideas or people over others **

DISABLED

A physical or mental problem that makes it difficult or impossible for a person to walk, see, hear, speak, learn or do other important things. Use people first language when referring to a disabled person.* For example, "person in a wheelchair."

DIVERSITY

A point of differences including race or ethnicity, age, disabilities, culture, religion and more

INCLUSION

The practice of including people who might be often overlooked

IDENTITY

The set of qualities and belief that make one person or group different from others **

LGBTQ+

This acronym stands for lesbian, gay, bisexual, transgender and queer; The plus sign accounts for all other love identities

RACISM

Unfair treatment of one person or a group of people based on his, her or their race

STEREOTYPE

An idea that many people have about a thing or group that may often be untrue or only partly true

TRANSGENDER

The individual identifies with the gender different than his or her birth gender .

Utilize this expanded list to continue the conversation on equity and fairness with your child. Use these words to familiarize your little one with other marginalized communities.

*Source: kids.brittanica.com

**Source: Merriam-Webster



THE TALK

Parents often feel overburdened when it comes to starting conversations about race/racism with school-aged children. Here, we've outlined simple ways to initiate and continue the conversation in digestible terms your child will understand.

Stick to the Facts

Give your child a scientific description of what skin color is and why it varies. The Smithsonian National Museum of Natural History provides a useful description of skin color on their website: <https://s.si.edu/3pUEBsH>

Get Real

Explain how skin color has been used to enslave, segregate and negatively impact people, particularly Black and brown people, throughout American history. This is a great time to share your personal beliefs and convictions about racism.

Show and Tell

Provide examples of multi-ethnic people who have worked to combat racism (see our list of multi-ethnic changemakers at right). Visual examples, such as images of young, multi-ethnic children at rallies and protests also show your child that it's never too early to begin his or her work as a little activist.



NAMES TO KNOW

Multi-ethnic changemakers

Ziad Ahmed
Winter Breeanne
Marian Edelman
Jane Eliot
Winona Guo
Rachelle Horowitz
Eric Kulberg
Priya Vulchi
Dave Zirin






CONTINUING THE TALK



Take the conversation a step further by using these conversation starters to establish your family's position on racial equity.

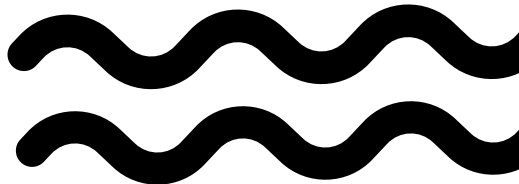
Question 1: How does our family treat people of other races?

Use this question to (re)establish your family's belief system. Affirm what your family will and will not tolerate and underscore the value of every person.



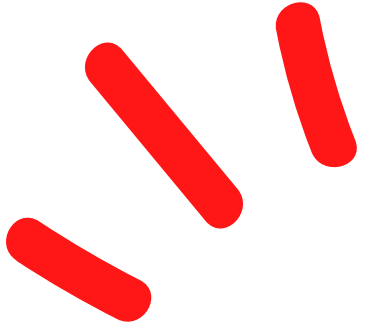
Question 2: What do we do when we witness people treating someone badly because they are different than them?

Use this question to provide your child with tools, words and practices to safely and proactively advocate for fairness amongst their peers.



Question 3: What is the appropriate way to question someone about things that make them different than you?

Use this question to help your children formulate ways to ask their friends about things such as skin color, hair texture, family structure, neighborhoods and more. The ways in which they question their peers should be non-offensive, non-insulting, non-invasive and non-isolating.



Encourage your child to recite and live out the words of this pledge everyday!

PEOPLE PERSON PLEDGE

I am a people person.

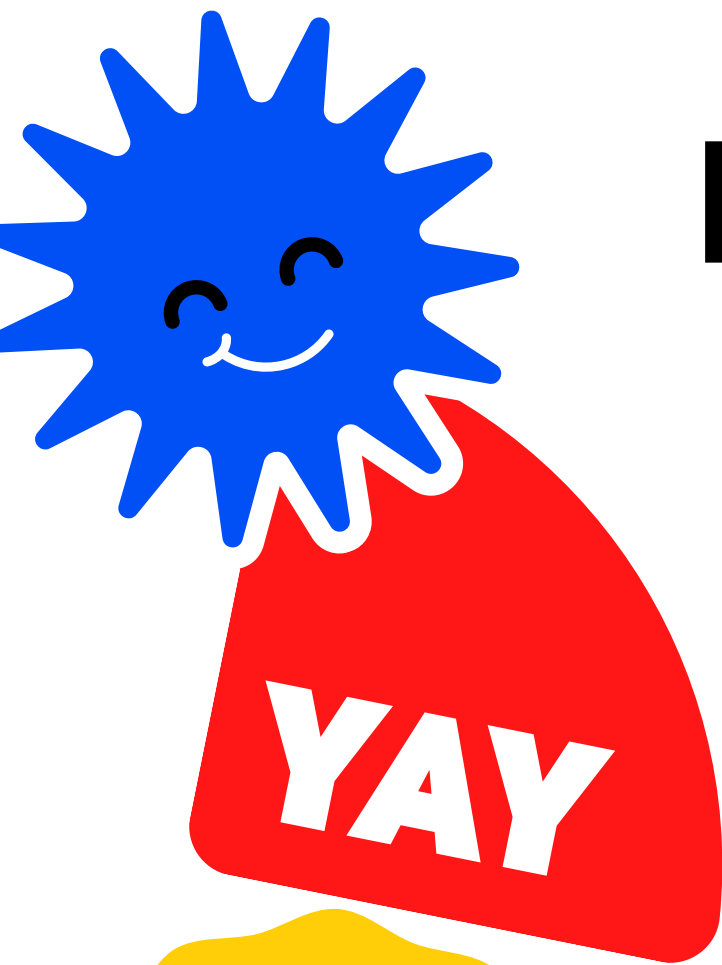
I pledge to be a friend to all, despite our differences.
I pledge to let the bright light of my kindness shine,
even in the darkest places.

I pledge to lend a helping hand to those in need.

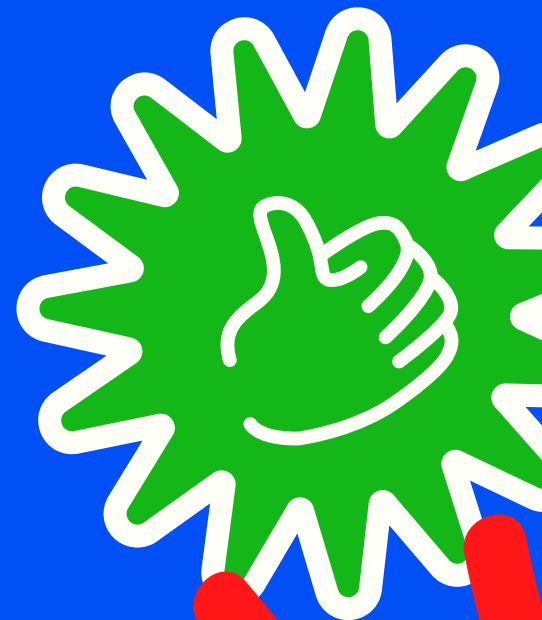
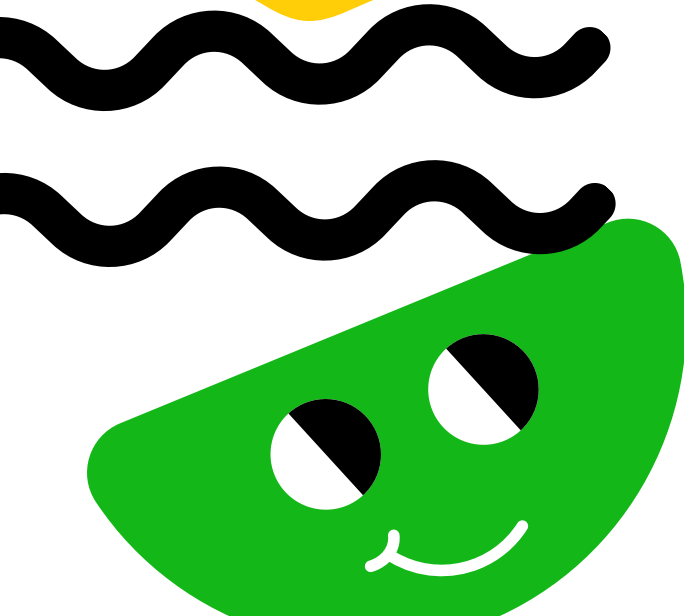
I pledge to share my time, talents and happiness
with the world because I know that goodness and a
simple smile can make the difference in someone's life.

I am a people person.

I accept all people, laugh with all people, help all people,
play with all people and, most, of all, I respect all people.



Tear out this page and stick it on the fridge!



Why Affirmations?

Respect for others is developed once respect for self has been established. Affirmations are excellent reminders to love and be kind to yourself...flaws and all. Affirmations also remind us to look for and empower the good in others. On this page you'll find a set of powerful affirmations for you to quote daily.

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Cut and carry these affirmations everywhere you go!

I am a leader who helps those in need

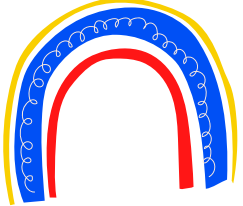
My friends are as diverse as the world around me

I appreciate the uniqueness of others

My positivity will rub off on everyone I encounter

Tear out this page
and hang it on
your bathroom
mirror.

Your turn! Use the space below to write a powerful affirmation of you own.



Note to Self
The world is a
better place
because I am in it

My personal affirmation



Dear Me
I am good to
others and others
are good to me

Now that we've discussed the power of diversity, self-love and respect for others, let's put our knowledge to action. Use the next several pages to work through activities designed to challenge your children's curiosities, breakdown biases and promote equity.

Directions: Read the profile below. Once finished, use the next page to list things you have in common with Imani.

We Have Something(s) in Common

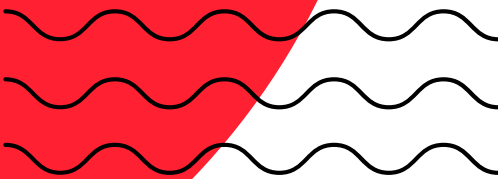
Hi, my name is Imani and I'm six years old. When I was just three months old, I was adopted by my awesome parents. My little sister, Nia, is five and she's my very best friend. My hobbies are playing with my dog, Max, swimming and reading.



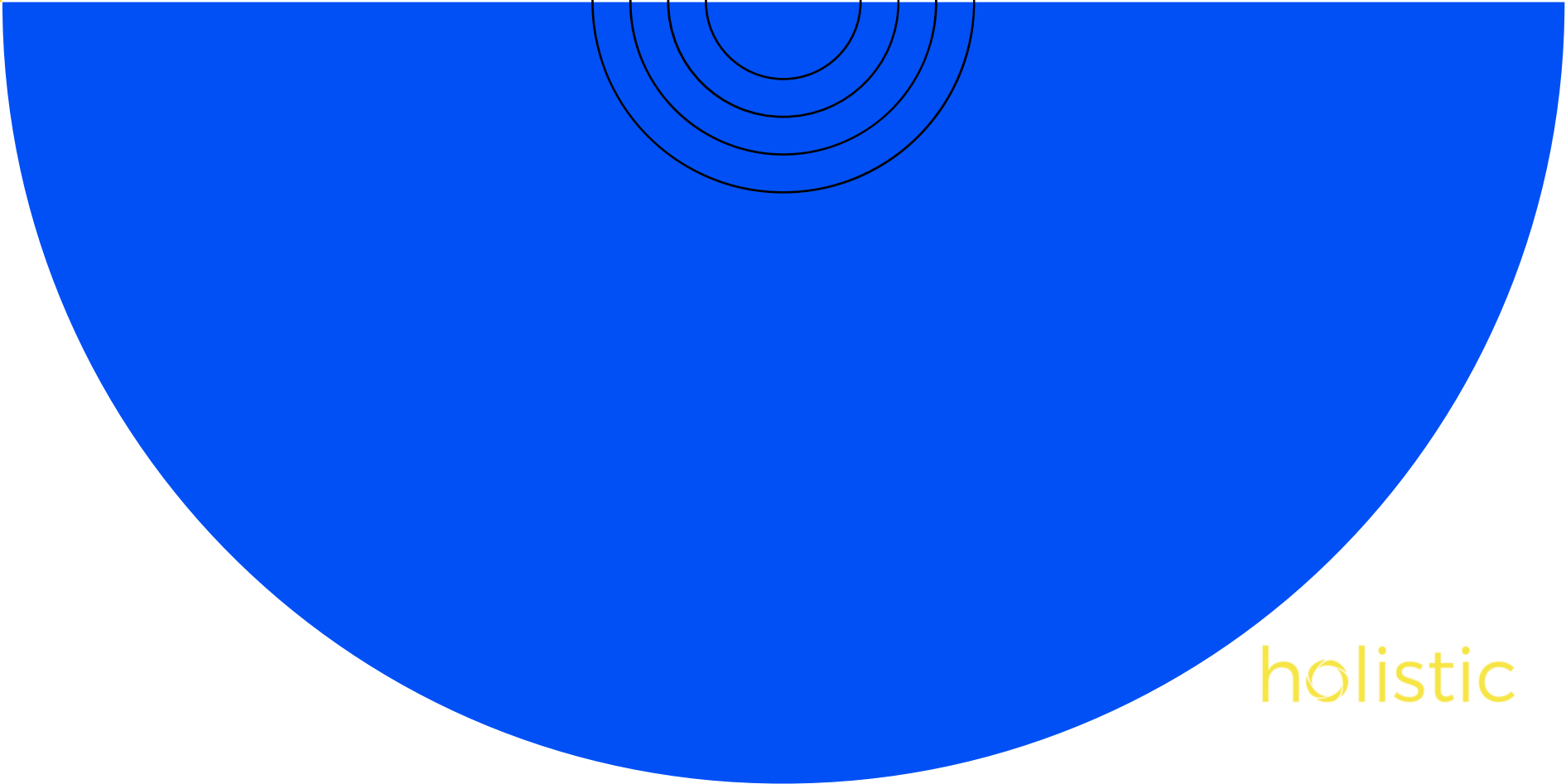
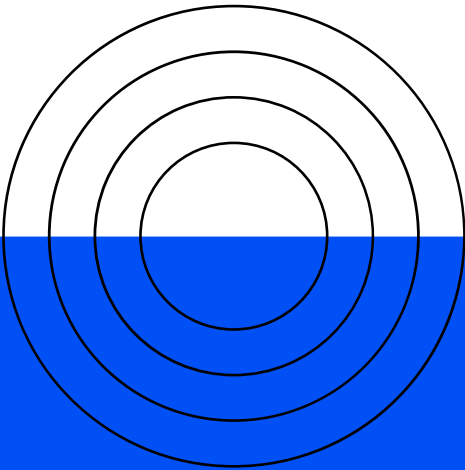
Write it Down

NO MATTER OUR BACKGROUND, SKIN COLOR OR UPBRINGING, WE'RE MUCH MORE ALIKE THAN WE ARE DIFFERENT! ARE YOU AN OLDER SIBLING? DO YOU LOVE TO READ? DO YOU HAVE CURLY HAIR?

LIST THREE THINGS YOU HAVE IN COMMON WITH IMANI.



- 1. _____
- 2. _____
- 3. _____



Practice makes perfect, so let's try it again!

Directions: Read the profile below with your child. Once finished, use the next page to list things you have in common with Sanjay and Seema.

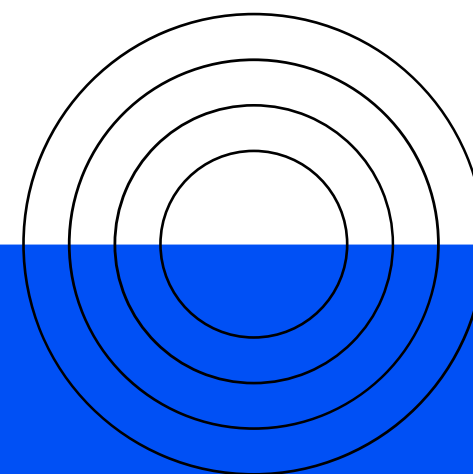
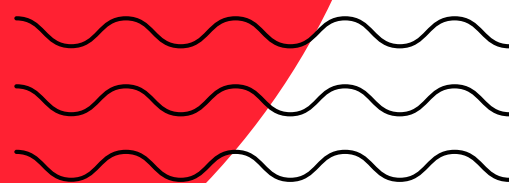


We Have Something(s) in Common

Siblings Sanjay and Seema and their family celebrate Diwali, the festival of lights, every fall. Diwali is a Hindu holiday that celebrates light over darkness, good over evil, and knowledge over ignorance. Sanjay's favorite activities are lighting tealight candles, wearing new clothes, and watching the fireworks. Seema enjoys going to temple, receiving money, and getting to eat lots of yummy sweets and desserts.

Write it Down

NO MATTER OUR BACKGROUND, SKIN COLOR OR UPBRINGING, WE'RE MUCH MORE ALIKE THAN WE ARE DIFFERENT! DO YOU CELEBRATE A HOLIDAY WITH YOUR FAMILY? WHAT ARE SOME SIMILARITIES OR DIFFERENCES YOU HAVE WITH SANJAY AND SEEMA?



1. _____
2. _____
3. _____

THE TASTE OF ROOM 102

Directions: "The Taste of Room 102" is purposed to promote diversity of preference, thought and opinion. Read the passage aloud with your child. Once complete, draw an image of the story on the next page.

Each morning the students of Room 102 gathered in the center of their classroom for rug time. Ms. Smith loved for her students to learn fun facts about one another. So everyday, she'd ask a random question and give each student the chance to answer.

"Good morning, students," she said.

"Good morning, Ms. Smith," the students replied.

"I'm very excited about today's discussion, it's about one of my favorite things in the whole world...ice cream!" she exclaimed. "So everyone, I thought it'd be a sweet treat for us to go around the rug and tell each other our favorite ice cream flavor," said Ms. Smith.

"Chocolate," said Harry. "I like vanilla," said Sarah. "My favorite is strawberry," said Marcus. "I like sprinkles," said Jin. "I have five favorites," said Jhene.

Desmond chose cookie dough. Isabel liked any ice cream with chocolate chips and Suzy agreed by exclaiming, "Yummy!"

"I have a dairy allergy, so I can't eat ice cream," reported Michael. "But I love when my mom buys me rainbow sorbet," he said.

"I like all flavors of ice cream," said Amaya. "But Ms. Smith," she said with a curious grin, "what's your favorite?"

"Butter pecan," Ms. Smith replied. "and I'd eat it every single day if I could!"

The children laughed aloud.

"Learning about your favorite flavors has been a ton of fun, boys and girls! I'm so happy you enjoy learning about the various tastes of your classmates. I'm even happier you accept and respect everyone whose favorite flavor differs from your own," she said. "Even though we have many flavors, one thing's for sure...ice cream is really, really good, right?"

"Yes!" the students exclaimed.



Draw it

Materials needed: crayons, colored pencils or markers

Directions: Create an imaginative depiction of "The Taste of Room 102." Parents, encourage your child to be as detailed as possible by showcasing a wide assortment of ice cream flavors and a diverse cast of characters.

Tear out this page and hang it on your bedroom wall!

Resources

USE THIS FUN-PACKED GUIDE TO EXPOSE YOUR CHILD TO A MORE DIVERSE LEARNING AND ENTERTAINMENT EXPERIENCE

RETAILERS

The Black Toy Store
Loving Me Books
Little Likes Kids
Harperiman Dolls
Kido Chicago



BOOKS

Antiracist Baby
by Ibram X. Kendi
Hands Up!
by Breanna J. McDaniel
Sometimes People March
by Tessa Allen
This Is How We Do It
by Matt Lamothe
Separate is Never Equal
by Duncan Tonatiuh
Book Series: A Kids Book About
by Jelani Memory

CRAFTS

Crayola Large Multicultural
Crayons
crayola.com; \$2.99
I am an Activist Coloring Book
amazon.com; \$9.99
Bellen's More Than Peach Project
morethanpeach.com; \$12.99
The Big Book of Faces Coloring
Book
amazon.com; \$8.75
Multicultural Construction Paper
amazon.com; \$7.73

PLAY

Barbie Fashionistas Dolls
barbie.mattel.com; \$9.99
Wonder Crew Superhero Buddy
wondercrew.com; \$29.99
Alphabet Affirmation
darlyngandco.com; \$19.99
Civil Rights Legos
blacktoystore.com; \$31.09
Friends and Neighbors - The Helping
Game
amazon.com; \$18.01
Little People Big Dreams Matching Game
amazon.com; \$19.99


WATCH

Coming Together: Standing up to
Racism
by CNN and Sesame Street
On YouTube:
Let's Talk about Race
by The Tutu Teacher
Discrimination Explained for Kids
by Pop'n'Oilly
Diversity and Equality for Kids
by Kids Learning Tube
Arthur on Racism: Talk, Listen, Act
by PBS KIDS

Note: Prices are as of publication date



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Thanks for doing your part!

THOUGH YOU'VE MADE IT TO THE END OF *THE HOLISTIC PARENT TOOLKIT*, THIS SHOULD ONLY BE THE BEGINNING OF YOUR PURSUIT TO RAISE AN ANTI-RACIST CHILD. AS A FINAL CHALLENGE, WE ENCOURAGE YOUR FAMILY TO READ BOOKS WITH MULTI-ETHNIC CHARACTERS, INTERVIEW A NEIGHBOR OR FRIEND ABOUT HIS OR HER HERITAGE, COOK AN ETHNIC MEAL AND DEVELOP OTHER CREATIVE WAYS TO IMMERSE YOURSELF IN THE DIVERSE WORLD AROUND YOU.

