



Moving Towards Anti-Racism as a Family

by
Beverly Weathington, LMSW
MPSI, Community Engagement Coordinator

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MERRILL PALMER
SKILLMAN INSTITUTE
for Child & Family Development



What is Anti- Racism

Ideas, thoughts and actions that actively work towards eliminating racism in:

- Policies
- Practices
- Institutions – including school and work
- Daily Life



Parent Concerns About Discussing Racism

Parents may avoid discussing racism with children because of concerns that:

- The child is too young
- It will frighten the child
- It will be divisive or cause negative thoughts/behaviors
- It does not exist in your home/community
- The color-blind approach (treating everyone the same) is better



Why have Discussions? Because Racism and Hate are Learned

Children Develop Attitudes and
Beliefs About Others From:

- Parents
- Siblings
- Peers
- Media



Self-Reflection – **What Beliefs Am I Sharing?**



Within our own homes

What are your beliefs about

- Color (including skin tones)
- Race
- Privilege
- Bias
- Power
- Who is Deserving

Self-Reflection – **What Experiences Am I Sharing?**

Within our own homes

What has been your experience with

- Oppression
- Prejudice
- Discrimination
- Race Motivated Violence

What We Know About Children and Race

Children notice differences in skin tone, eye color, facial features and hair texture between the ages of 2 and 4.

By the age of 5, children begin to understand the concept of race and may begin to show bias towards racial groups.

Remember: Young children notice physical differences and depend on important adults to fill in the blanks about what those differences mean.

Discussions with Children about Race

Age	Age appropriate
Comfortable	Feel comfortable
Meaningful	Be prompted by something meaningful to the child
Relatable	Be relatable & pertain to experiences the child understands
Questions	Offer the opportunity for child to ask hard questions
Supportive	Be supportive and hopeful
Action	Offer action steps – what we can do

Anti – Racist Parenting Is More than What We Say

Children learn from what we do

- Do the books, toys and media choices that you make for your children reflect an inclusive stance?
- What interactions do your children and family have with other cultures/races?
- What do those interactions look like?
- What have your children heard you say about acts of racism?
- What have your children seen you do when acts of racism occur?

Empowering Children

Our words and actions play a big role in helping children:

- Feel pride in who they are
- Understand and respect race, ethnicity and diversity
- Comfortably have conversations about difficult topics
- Feel supported and protected in situations where diversity is not valued
- Understand that positive changes result from what we say and do.





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