



*"Start where you are. Use what you have. Do what you can."  
- Arthur Ashe*

Our current social climate has brought forth lots of information, stories and history to process. One thing we know for sure is that it's never too early to talk to our kids about race. By 6 months of age, babies are noticing racial differences; by age 4, children have begun to show signs of racial bias. KIC has put together a list of resources for you to help gain confidence in having these discussions with your kids, as well as, looking internally at our own biases.

### Where to start? Resources for Caregivers.

This may be a new thing to talk about with our kids, we'll likely stumble or say something "wrong"...but we all need to start somewhere! Saying something is better than saying nothing.

<p><b>Books</b></p> <ul style="list-style-type: none"> <li>• <a href="#"><i>White Fragility</i></a> by Robin Diangelo</li> <li>• <a href="#"><i>Why Are All The Black Kids Sitting Together In The Cafeteria? And Other Conversations About Race</i></a> by Beverly Daniel Tatum</li> <li>• <a href="#"><i>How to Be An Antiracist</i></a> by Ibram X. Kendi</li> <li>• <a href="#"><i>Raising White Kids</i></a> by Jennifer Harvey</li> <li>• <a href="#"><i>The New Jim Crow</i></a> by Michelle Alexander</li> <li>• <a href="#"><i>Stamped: Racism, Antiracism, and You</i></a> by Jason Reynolds and Ibram X. Kendi</li> <li>• <a href="#">Books to help build inclusive classrooms - guidelines and booklist</a></li> </ul>	<p><b>Podcasts/Audio</b></p> <ul style="list-style-type: none"> <li>• <a href="#">First Name Basis with Jasmine Bradshaw</a></li> <li>• Erin Winkler, associate professor at UWM, share her research on <a href="#">talking to children about race</a></li> <li>• Raising Good Humans Podcast, <a href="#">Dr. Allison Briscoe-Smith: How we talk about race, raising anti-racist kids and the science of hope.</a></li> <li>• <a href="#">Raising Equity Podcast</a></li> <li>• Brene Brown <a href="#">Unlocking Us</a> Podcast (Ibram X Kendi and Austin Channing Brown episodes)</li> </ul>
<p><b>Articles</b></p> <ul style="list-style-type: none"> <li>• Erin Winkler, associate professor at UWM, share her research on <a href="#">talking to children about race</a></li> <li>• <a href="#">10 tips for teaching and talking to kids about race</a>, by EmbraceRace</li> <li>• <a href="#">Raising Race Conscious Children</a></li> <li>• <a href="#">White parents must do better to raise anti-racist kids. Here's how.</a> by Claire Gillespie</li> <li>• <a href="#">Talking To Kids About Protesting: 5 Things I Want My Kids to Know</a></li> </ul>	<p><b>Videos</b></p> <ul style="list-style-type: none"> <li>• <a href="#">We Need to Talk About An Injustice</a> by Bryan Stevenson</li> <li>• <a href="#">Uncomfortable Conversations with a Black Man</a></li> <li>• <a href="#">NY Kindergarten teacher explaining race to children</a></li> <li>• <a href="#">Small But Mighty Storytime</a></li> </ul>

### Resources for Kids.

Reading books about race, diversity, Black American History and equality can be a great way to start a conversation with your children! Below are a few recommendations:

- [\*You Matter\*](#) by Christian Robison (ages 4-8)
- [\*Whose Knees Are These?\*](#) by Jabari Asim (ages 0-3)
- [\*Sulwe\*](#) by Lupita Nyong'o (ages 5-7)
- [\*I Am Enough\*](#) by Grace Byers (ages 4-8)
- [\*All Are Welcome\*](#) by Alexandra Penfold (ages 2+)
- For more recommendations [Here Wee Read](#), [EmbraceRace](#), [The Conscious Kid](#) and [this list](#) are great resources!

