Talking to Your Kids About Racism & Social Unrest

Center for Families Teaching Tool

LINKS:

- **Talking to Children About Racial Bias**: from the American Academy of Pediatrics
- **Talking Race with Your Young Children**: from National Public Radio
- **Talking to Your Children About Discrimination**: from the American Psychological Assoc.
- **How to Talk to Your Child About the News**: from KidsHealth – Nemours Foundation
- **How to Talk to Your Kids About Tragedies in the Media**: from Child Development Institute
- **Racism and Violence: Using Your Power as a Parent to Support Children Aged Two to Five**: from Zero to Three
- **Talking About Events: Helping Children Cope**: from Journeyworks
- **Talking to Children About Tragedies & Other News**: from the American Academy of Pediatrics
- **We Stories**: from We Stories

APPS:

- **Apps and Games with Diverse Characters**: from Common Sense Media
- **Stress Apps**: Call Center for Families Resource Library for a copy. 314-454-2350

BOOKS:

- **All the Colors We Are** / by Katie Kissinger (text in English and Spanish)
- **Black, White, Just Right** / by Marguerite Davol
- **A Family is a Family is a Family** / by Sara O'Leary
- **I'm Chocolate, You're Vanilla: Raising Healthy Black and Biracial Children in a Race-Conscious World** / by Marguerite A. Wright
- **I'm Like You, You're Like Me** / by Cindy Gainer
- **Mixed Me** / by Taye Diggs
- **The Skin I’m In: a First Look at Racism** / by Pat Thomas
- **Skin Like Mine** / by LaTashia Perry
- **This is Me: a Story of Who We Are and Where We Came From** / by Jamie Lee Curtis

This handout is for your general information only. The lists above are guidelines and do not include all symptoms. This document is not a substitute for your child being seen by a doctor. Always call your child’s doctor if you have any questions or problems. If your child’s condition gets worse, call your child’s doctor or go to the emergency department.

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