

# Information & Resources on Racial Injustice By Age

## Ages 0 to 3

- Very young children pick up on parents' stress
- Watch, listen to, or read the news when the child is not physically there
- Take time daily to do something fun and life-giving with your family
- Start teaching your child antiracist views by reading books about heroes and heroines that are BIPOC and POC (Black or Indigenous People of Color, and other People of Color) and watching movies and shows with diverse, multi-cultural characters
- Watch the CNN/Sesame Street Town Hall on Racism together:  
[cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html](https://www.cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html)
- **Children's Book Recommendations:**
  - Ezra Jack Keats "The Snowy Day," "Hi Cat!," "Whistle for Willie"
  - Mahogany L. Browne "Woke Baby"
  - Vashti Harrison "Dream Big, Little One"
  - Innosanto Nagara "A is for Activist"

## Preschool and elementary school ages

- When kids ask about skin color, talk to them about melanin and make comments like "Isn't it wonderful that we are all so different!"
- Limit your child's exposure to media
- Talk openly about what you child has heard or seen related to the deaths of Black men and women and protests. Ask what they know and how they feel. Validate their feelings and tell them what you are doing to keep them safe. At the same time, give honest information about the broader societal context of racism to help them understand why people are so angry. Ask questions like "How do you think those people were feeling? Do you know why they were angry? What do you do when you feel like something is unfair?"
- Read age appropriate books about discrimination and the experiences of people of color
- Watch the CNN/Sesame Street Town Hall on Racism together:  
[cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html](https://www.cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html)
- **Book recommendations: 3-5 year olds**
  - Oge Mora "Saturday"
  - Matthew A. Cherry "Hair Love"
  - Yangsook Choi "The Name Jar"
- **Book recommendations: 5-8 year olds**
  - Jacqueline Woodson "Each Kindness"
  - Cynthia Levinson "The Youngest Marcher"
  - Julius Lester "Let's Talk About Race"
  - Marianne Celano, Marietta Collins, and Ann Hazzard "Something Happened in Our Town: A Child's Story About Racial Injustice"
  - Lupita Nyong'o "Sulwe"
  - Margo Lee Shetterly "Hidden Figures: The True Story of Four Black Women and the Space Race"
  - Jacqueline Woodson "The Day You Begin"
  - Kwame Alexander "The Undefeated"
  - Ilyasah Shabazz "Malcolm Little: The Boy Who Grew Up to Become Malcolm X"
  - Sanya Whittaker Gragg "Momma, Did You Hear the News?"

## Tweens and teens

- Support online activism and connection with peers, while ensuring online safety
- Ask whether they've seen anything online about the riots and protests, what they think, what about it was upsetting or inspiring. Ask about the types of unfairness kids see in their lives, and connect that to racial injustice.
- Watch movies, documentaries, and/or series about discrimination together and discuss them afterward
- **Book recommendations: 9-12 year olds**
  - Veronica Chambers "Resist"
  - Anastasia Higginbotham "Not My Idea: A Book About Whiteness"
- **Book recommendations: 12+ year olds**
  - Jason Reynolds & Brendan Kiely "All American Boys"
  - Jason Reynolds & Ibram X. Kendi "Stamped: Racism, Antiracism, and You"

Recommendations come from:

"How to talk to your children about racism" by Sandee LaMotte

[cnn.com/2020/06/01/health/protests-racism-talk-to-children-wellness/index.html](https://www.cnn.com/2020/06/01/health/protests-racism-talk-to-children-wellness/index.html)

and

"Talking to Children About Racial Bias" by Ashaunta Anderson, MD & Jacqueline Douge, MD

[healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx](https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx)