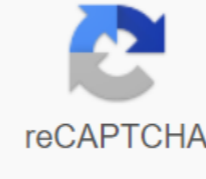




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Super kids racing trophy guide

It would be great if you can just tell kids, People can look different and come from different places, but we are all equal and should be treated the same and leave it on it. But if recent news has taught us anything, it is that reality is not that simple, and we need to head out the topics of race and racism. Why the Race Conversation is So ImportantKids Knowledge. Children see from an early age that other children are similar to or different from them – in every single way they may be similar or uneven—because it's part of how they find out where they fit into the world. Racial identification plays a major role in our self-esteem, how others treat us, and how we function in society. A few years ago, when she was about five, my daughter told me, There is only one black person who teaches at our school. I replied, Is it so? (my default response when I don't know how to respond and wait for context). She said yes, it's interesting, but then it got to that, as if it were just an observation, like one house on our block with a grey roof while the other is all green. (I missed a very good teaching moment there.) More recently she complained: People keep asking me "Are you Chinese?" Why do they all ask me if I'm Chinese?!! in a frustrated and judgmental tone, and it became clearer that it is time for more conversations about racialstereotypes, racial identity and the politics of race. G/O Media can get a commission 2 Years 4 One extra plan Free! has been thinking about this for a while, but didn't know where to start. Like many other parents, I was afraid to say the wrong thing or stress race too much, and as relieved and better unjudging as I am (read than in a joke voice, if you like), I know that we all have prejudices we are not aware and unwittingly can pass on to our children. If you are raising a black child (or a child of another race or culture often discriminated against), you need to speak. As Janice Fuller-Roberts Lady says on Salon, it is a very delicate balance:We need to teach our children that they should not only follow the general rules of society, but they must also adture a special set of rules specifically set up for them because of their race. And we need to walk a thin line between them learning how not to be killed by the people bound by the law to protect them, and at the same time how to maintain their dignity and command the respect they deserve. Parents of white children should also talk about racism if they attempt to raise children who are not racially biased and who can function in our interracial society. Silence on the matter doesn't prevent racism, it actually helps constant biases, the New York Times reveals: These are the children whose parents don't – and directly means far more than vaguely vaguely everyone to be equal – which is less likely to make assumptions about people based on the color of our skin. Cultural racism is like smoking in the sky, says author Beverly Daniel Tatum in her book Why Put All the Black Kids Together in the Cafeteria? They are the cultural images and messages that confirm the accepted superiority of Whites and the accepted inferiority of people of color. Like smoking, stereotypical messages are not always clear, but we are all breathing it in. Parents of all backgrounds have the same concerns, I think, when trying to address issues such as what happened in Ferguson and other controversial and racially charged current events. How do you explain that race plays a big part in how everyday events play when we all claim to be color blind? What should we say if we learn our child has missed races or used experienced racial bias? (Children as young as three to five can show racially biased behaviour – even when their parents or other adults do not mention or endorse racial beliefs. They pick up the social clues around them.) How can we raise compassionate and confident children? So I typed some parenting and psychology experts on how to have these kinds of difficult conversations and learn tolerance to children because the earlier we started the conversation and the more aware we share in it, the better chance our children (and future generations) will have to get closer to that fairness and equality ideal. When talking to your children about race sometimes avoiding discussion race because they think young children don't even see race or won't understand racism, but the critical period for starting the conversation is the five- to eight-year-old stage. Cwlrighs.org says: Between five and eight, children are old enough to start thinking about social issues and young enough to stay flexible in their beliefs. By the fourth grade, children's racial attitudes begin to become more rigid. Our guidance is especially crucial during this unimaginable, turbulent time. In all probability, the subjects will come unrequested with your children at this early age from their natural curiosity. You can be killed if your young child makes a rough observation aloud about someone else, but instead of closing them, use these opportunities to strengthen the lesson that different is both normal and good. Mommy Masters blogger and author Ellie Hirsch says:It can be an enorcity, but if you have the right tools, you can turn a strange situation into a beautiful learning lesson. Don't squander your child because you're curious. Example: When my son was younger, there was an Asian girl at the pool and he said to me, Funny eyes Mommy. I was killed, but knew it was an opportunity to teach him something very important. I did respond, yes, are not her eyes beautiful? She's such a pretty little girl. When we Home, I have the situation in more detail let him know that if someone else looks like you, we don't make fun of them or push our opinions out loud in front of them. Questions are great and that's how we learn, but Mommy prefers us to discuss in privacy because we don't want to make anyone feel uncomfortable. It also happened to me with someone who was overweight, naked and elderly. Kids are curious! There are tons of opportunities to teach your child about tolerance and the idea that everyone else and else is okay. Parents must grab these moments and educate their child instead of laughing or punishing their child. If the subject doesn't show up naturally, books will always be to the rescue (here's the Institute for Human Education's list of picturebooks that explore race for children up to Grade 5). Martin Luther King Day, Black History Month, and other events are also good times to approach the topic. You can discuss what the kids have learned in school, what they thought and felt about those subjects, and take the conversation even further. Even though schools learn about racial issues, however, it is important that you, the parents, talk about them to their teenage years, clinical psychologist and author Dr. John Mayer. By taking the initiative, you establish yourself as the holders of the facts (and correctors of misinformation or generalisations) that they can hear at school and in the media. This is an ongoing process, and talking to pre-teens and adolescents is also important, especially with current events blowing the lid off from a topic many families don't talk about meaningful. Young adults are able to understand more complex answers and discuss social context and history, and will hopefully still look at you for guidance. How to address difficult topics on race and inclusivityIn addition to starting the conversation early and piggybacking on lessons learned in school, here are some tactics you can use during the conversations. Always meet the child where they are first. It is always important for parents to first understand how their child makes sense of what happens, says Dr. Joseph Shrand, psychiatrist and medical director of CASTLE in Brockton, MA. This gives the parent a guide on where to start, especially in terms of controversial current events. Try to find out what asked your children's comments or questions about race (e.g. school incidents or something they read). Then perhaps further the conversation with questions like How do you feel about it? and Why do you think that? It is also useful if your child says experience something insensitive or if your child experiences racial bias. Before responding to the statement, find out where it comes from and what it means to them from their perspective. Keep your child's developmental crutch also mind. Educator Madeleine Rogin wrote on PBS that Kindergarten students do not of Dr. Dr. Davies. King's assassination does not have to know (and it can scare or distract them), but you can emphasize the themes of peaceful change and justice through stories. At the same time, Rogin says it is impossible to learn about historical figures like Dr. King without telling the ugly truth about racism. Some of the skills children of all ages must develop include critical analysing media (to counter those subconscious messages), recognise stereotypes and understand why racism matters to an individual, community and institutional level. This article in the National Association of Independent Schools, Which White Children Should Know About Race, explains these skills. Use in advance, factual and honest answers. Try to respond in non-judgmental ways and stick to the facts, especially if you talk to young children who may no longer understand complex answers. But also be accurate and don't stupid the conversation, this University of Wisconsin-Milwaukee guide points out: [D]on't encouraging children to believe that negative racial talks or discriminatory behaviour are the behavior of only sick individuals or that it indicates a peculiar character faint or just bad behaviour. Talking about the fact that the social world we live in is often unfair to people of color simply because they are people of color and that persistent racial ethnic inequalities are unfair and morally wrong. Make it clear that racial ethnic bias and discrimination are part of a larger society that needs reform and not just something individuals do. Speaking about Martin Luther King Day, my daughter incrementally expressed that black people had to sit at the back of the bus. We agreed and explained how this was a law then because the people in power, many of whom do not consider people different from them, challenged the laws—until Dr. King and others (black and white) challenged those assumptions. And planting the seeds for further discussions: Although there are no discriminatory laws like this now, we still have social segregation and distrust. Cumnation a sense of cultural pride. For parents of children of all colors, it is a good idea to celebrate the differences and benefits of your culture. One study shows that teaching children, especially black children, prides our culture is an integral part of their success. And another study found that teaching 8- to 11-year-olds the value of diversity (rather than a color-blind approach) was more likely to detect racial bias. More important than having The Talk on different rules in society for black people, Fuller-Roberts Dame taught her son that these rules are not a reflection of who he is, and he has learned not to prejudices: Nor can I afford for my son to buy in the stereotypes Black masculinity that continues today. And so my son knows his value and his value. He knows he deserves respect. He made a deliberate choice not to live in constant fear. He is proud of the melanin in his skin, his dreaded hair and the rich and beautiful heritage that both represent. The problem is not with what he looks like, how he wears his pants, or what kind of music he likes. He gets that problem is a treacherous one, woven into the dust of our country, and that it rests squarely on the shoulders of those racists that allow it to continue. Vanessa Coppes, teacher, parenting blogger, and mother of mixed sons, says she focuses on teaching her children the benefits of being surprising:The racial conversation has been constant since the day my eldest son was born. To get to the groceries and ask, Is He yours?, I've heard a lot of things over the past 6 years. My explanation [when the kids ask about their racial differences] is simple: mommy and daddy fell in love and when 2 people fall in love, they continue to marry and end up with that love, you and your brother are here. Mommy is Latina and daddy American. How cool you get to experience different cultures, languages, food and more? He loves it! And for the people who make those rude comments, she laughs just about their ignorance and reacts with humour and kindness. It's not about them, says Coppes, it's about the example we're institute for our children. Don't tolerate other family members' racist remarks around your children. Laughing off strangers at the grocery store is one thing, but if you have family or friends who are quickly having racist jokes or opinions, it makes clear that you disagree with them. Says Dr. Shrand:Explain to your child that Uncle Timmy has a view of people you don't share. All people are valuable and worthy of respect. Keeping something and respecting something is two different things. This is probably the most important theme to continue driving home: That regardless of our differences, we are all part of one race (the human one) and should be treated equally with respect and kindness. (I know it sounds really simplistic, but then let me suggest watching American History X – with your kids if they're old enough. That movie made me realise how passing comments at the dinner table can lead to so much anger, hatred and violence.) Be a role model. Finally, if you want others to believe what you preach, you should also exhibit that behavior. Your everyday comments and actions will say more than anything else. You may want to test your own hidden biases, as testing with Harvard's Project Implicit online. With diverse friends helping, such as traveling with your children to other countries, what our own Heather Yamada-Hosley says they can fully understand that there is a diversity in the is what may not be in the that you live in. Whatever you do, those conversations, though, have as uncomfortable and uncomfortable as they may be. Because with or without you, your children are probably already thinking about and shaping their views on race and those views, in turn, will affect them and everyone around them. Photos by Lorelyn Medina (Shutterstock), Cindy Hughes (Shutterstock), jamieskinner00, woodley wonderworks, jacquesy_m jacquesy_m