

# 6 Tips for Talking to Children of Color about Race



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As parents and educators, it is important to address race and have open and honest conversations with our children from a young age. For families of color, this conversation is necessary, but still can be challenging to navigate. Here are some helpful tips for initiating and continuing the conversation surrounding race with your children.

## 1 Ask About Feelings & Experiences

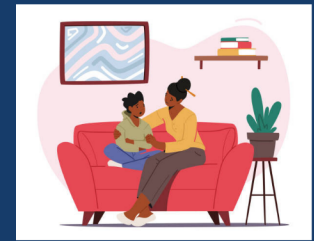


Asking your children how they feel about their race, as well as any particular experiences they have had with friends or classmates regarding their race, is a good place to start the conversation. This helps introduce the topic and allows for the establishment of a starting point regarding your child's perception of their race.

## 2 Address History & Current Events

Learning about their history is critical in order to give an accurate portrayal of their own and different races to your child, and also to acknowledge the struggles that their ancestors and other groups may have faced. In addition, discussing current events in an age appropriate way can be the starting point of important conversations with your child.

## 3 Create a Safe Space



Talking about inequality, injustice, and discrimination can cause feelings of anger, confusion, sadness, and fear to arise. Let your child know that their feelings are valid, and create a safe space to discuss and express these feelings in a healthy way.

## 4 Provide Examples of Representation

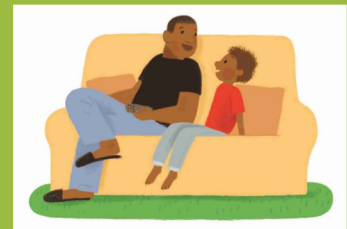


Many minority groups and children of color struggle to find accurate representations of themselves in mainstream media. To supplement your discussion about race, make a point to surround your child with books, shows, and other representations that reflect their identity.

## 5 Empower Your Child

One of the most important parts of talking about race is to instill confidence in your child. Parents should reinforce positive sentiments about their child, especially about things that are typically targeted by racist individuals, such as their skin, hair, and facial features. This will have an empowering effect on their self-esteem and allow children to see that racism is not the norm.

## 6 Keep An Open Dialogue



A conversation about race is not meant to be a one-time occurrence. Parents should aim to keep the dialogue surrounding race open with their children, and revisit it often to navigate thoughts and emotions on the topic together.

It is never too late to begin a conversation about race with your children! For more information and additional resources on this topic, please visit the linked references below and our LISSA website.

### References:

Forbes (2020) - "How To Talk To Kids About Race"  
KidsHealth (2020) - "Talking to Kids About Race and Racism"  
PBS Kids for Parents (2020) - "How to Talk Honestly With Children About Race"

[www.strongschoolsli.org](http://www.strongschoolsli.org)