

# FAMILY TIPSHEET

## how to talk to your child about racism

Please note: The information provided in this tipsheet is for reference only. It is not intended as a recommendation or endorsement of organizations, news sources, agencies or private businesses, or as a comprehensive resource list.

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When creating this tip sheet, we envisioned that the information placed in it would help families talk to their children about race and race relations.

We hope that you treat this tipsheet as a starting point in your learning journey about acceptance, mutual respect and love. We believe it is important for everyone to understand the challenges faced by parents who identify as being Black, Indigenous, People of Color (BIPOC) and for that reason have included those perspectives.

To those who seek to learn more so that you can educate yourselves and your family on racism, anti-racism and anti-oppression, thank you. Here you will find facts about:

- what racism is and its presence in Canada
- how to explain racism to your child
- how to reflect on your personal beliefs around race; and
- suggestions on how to diversify your child's books and toy collections

### Before you start:

**Racism** can be defined as: race prejudice that is supported by social and institutional power; a system of advantage based on race; a system of oppression based on race

**Anti-Racism** refers to actions and practices that challenge and counter racism, inequalities, prejudices, and discrimination based on race.

**Anti-oppression** challenges the systems and systemic biases that devalue and marginalize differences.

**Diversity & Inclusion** have to do with the acknowledgment, valuing, and celebration of difference



## The facts

- [Police-reported hate crime in Canada](#) (Stats Canada, 2016)
- [In Canada, disability researcher says 'racism is very polite'](#) (BLOOM blog)
- [BLOOM blog: Anti-black racism in healthcare](#) (BLOOM blog)

## How to reflect on your personal bias

- [Acknowledging your personal biases](#) (The Conference Board of Canada)
- [Anti-racism and disability](#) (Empowering Ability)
- [Talking about race: tools and guidance to empower your journey and inspire conversation](#) (Smithsonian National Museum of African American History & Culture)

## Parenting when BIPOC (Black, Indigenous, People of Color)

- ['Being a black male is...a safety issue over and above autism'](#) (BLOOM blog)
- [Black parents explain how to deal with the police](#) (cut.com)
- [My daughter is at risk because she's Aboriginal and female](#) (Today's Parent)
- [When will they stop acting like our \[Native\] children are disposable?](#) (Today's Parent)
- [I thought a loving home would be enough for my biracial child](#) (Today's Parent)

## Caring for the caregiver

- [Racial Stress and Self-care: Parent Tip Tool](#) (American Psychological Association)
- [Parents of Black Children](#) (support group)

## Explaining racism to your child

- [Social Skills tools to talk about racism](#) (Step by Step stories)
- [A Kids Book About Racism by Jelani Morris](#) (narrated video )
- [How to explain racism to kids](#) (CNN/Sesame Street Town Hall for Kids and Families)
- [Raising an ally: How to talk to your child about the death of George Floyd, anti-Black racism](#) (Global News)
- [Talking to kids about race](#) (National Geographic)

## How caregivers can talk to kids about racism

- [Video](#) from parenting expert Alyson Schafer on how to speak to children of all ages about racism.
- [How to talk to kids about racism: An age-by-age guide](#) (Today's Parent)
- [The ABCs of Diversity](#) (Parenting Forward with Cindy Wang-Brandt)
- [How to Talk Honestly With Children About Racism](#) PBS Kids for Parents

## General resources

- [Your Kids Aren't Too Young to Talk About Race: Resource Roundup](#)
- [Resources for Parents: Uplifting Youth Through Healthy Communication About Race](#) (American Psychological Association)
- [TDSB Resource for Families \(First Edition\)](#)
- [Anti-racism resources for White people](#)
- [Anti-racism Resources for Parents and Kids](#) (Healthline Parenthood)

## Booklists

- [Black Lives Matter: A Booklist](#) (Toronto Public Library)
- [Resources for Race, Equity, Anti-Racism, and Inclusion](#) (WNDB - We Need Diverse Books)

## Diversifying your child's toy and book collections

- [Resources for families wanting to diversify their book and toy collections](#) (KidsSwag.ca)
- [How to Diversify Your Child's Bookshelves](#) (Brightly - Raise kids who love to read)
- [Anti-Racism Books for Kids](#) (New York Times)
- [30 books to help you talk to your kids about racism](#) (Today's Parent)

We encourage you to visit our [website](#) to access all of our COVID-19 or Coronavirus specific family tip sheets, which include virtual activity ideas, explaining COVID-19 to your kids, an example of a home schedule, emergency supports, and more.

If you are looking for other family resources that have to do with childhood disability, please visit [www.hollandbloorview.ca/resourcecentre](http://www.hollandbloorview.ca/resourcecentre).

*Created by the Family Support Specialists and Family Leaders at Holland Bloorview Kids Rehabilitation Hospital on 19 June, 2020. Updated February 3, 2022. If you have a question or a resource to share, please feel free to reach out to us at [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)*