

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.

St. Louis Children's Hospital
One Children's Place
St. Louis MO 63110
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