

# Anti-Racism Resources for Caregivers



# They're not too young



Young children notice and think about race. Adults often worry that talking about race will encourage racial bias in children, but the opposite is true. Silence about race reinforces racism by letting children draw their own conclusions based on what they see. Teachers and families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity. Teaching the skills to promote a more just future—but only if we talk about it!

## Information by age:

**0**

At birth, babies look equally at faces of all races. At 3 months, babies look more at faces that match the race of their caregivers. (Kelly et al. 2005)

**1**

Children as young as two years use race to reason about people's behaviors. (Hirschfeld, 2008)

**2**

By 30 months, most children use race to choose playmates. (Katz & Kofkin, 1997)

**3**

Expressions of racial prejudice often peak at ages 4 and 5. (Aboud, 2008)

**4**

By five, Black and Latinx children in research settings show no preference toward their own groups compared to Whites; White children at this age remain strongly biased in favor of whiteness. (Dunham et al, 2008)

**5**

By kindergarten, children show many of the same racial attitudes that adults in our culture hold—they have already learned to associate some groups with higher status than others. (Kinzler, 2016)

**6+**

Explicit conversations with 5–7 year olds about interracial friendship can dramatically improve their racial attitudes in as little as a single week. (Bronson & Merryman, 2009)

**More Info:**

- Teaching Tolerance
- Raising Race Conscious Children
- Embrace Race
- Teaching for Change
- AORTA Cooperative
- Fortify Community Health (CA)
- Delaware Valley Assoc. for the Education of Young Children (PA)

# Anti-Racism Parenting



## Inclusive Parents

- Teach their kids that people matter more than skin color.
- Make sure their child's library is racially diverse
- Share movies and shows featuring people of color with their kids.
- Talk about privilege and what it means.

## Anti-Racist Parents

- Teach their kids that skin color deeply affects how people view us.
- Intentionally include books that go beyond slavery and the civil rights movement.
- Use media to point out examples of racism and stereotypes.
- Give children contextual examples of their privilege, like being able to shop without being followed.



# Anti-Racism Parenting



**Infant/Toddler**  
Age 0-2

**Concepts:**

Love, safety, kindness & diversity-all through caregiver relationships

**Goal:**

Build empathy & expose child to a variety of cultures, people & experiences

**Firsts:**

Playmates and caregiver diversity

**Preschool**  
Age 2-5

**Concepts:**

Kindness, empathy, fairness, differences, activism, acceptance, & inclusivity

**Goal:**

Acknowledge & celebrate differences, representation & diversity

**Firsts:**

Noticing skin tones, bullies, protests and unfairness

**Elementary**  
Age 5-8

**Concepts:**

Foundational concepts, plus: equality, racism, protests, democracy and white privilege

**Goal:**

Understand history of systemic racism in the US & our role in it and increase empathy

**Firsts:**

Navigating unfair treatment & racism with less supervision

**Middle School**  
Age 9-12

**Concepts:**

Continue to refine foundational concepts, adding in teachings on systemic racism and white supremacy

**Goal:**

Understand history of the US and systemic racism & work to change it

**Firsts:**

Violent acts, fights at school and physical attacks

# Next Steps



“I feel overwhelmed. I believe in the cause, but I want to protect their innocence as long as possible. Where do I start?”

## Let's...

### Listen.

### Talk.

### Educate.

### Act.

