

10 TIPS

For Conversations With Children About Race

It is important for parents of all backgrounds to talk to children about race early and often. We hope these tips provide some much-needed support for MFL families committed to building tolerance, racial equity, and a social culture where all kids and families can thrive!



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Start Early

By 6 months of age babies notice racial differences, by age 4 children begin to show signs of racial bias.



Encourage Questions

Expose children to different cultural opportunities that may inspire observations and respectful curiosity about race.



Be Mindful

You are a role model for your children. What you say is important, but what you do is likely to have a bigger impact.



Face Your Own Bias

Give your children an example of a bias that you have held. Share with your children things you do to confront that bias.



Embrace Who You Are

Openly share your family's history, racial and cultural experiences with your children.



Racial Cultural Diversity

Talk to your children about different groups of people. Help them understand that every group includes people who believe different things.



Be Honest

Let your children know it is okay to notice skin color and talk about race.



Tell Stories

Lift the freedom fighters!
Tell stories about resistance and resilience, include women, children and young adults.



Be Active

Show the importance of not being a bystander on racism. Connect the conversations you're having to the change you and your children want to see.



Ongoing Education

Make sure talks with your children are routine. Race is a topic you should plan to revisit in many different ways and levels over time.