

## Addressing Anti-Asian Racism with Students

Anti-Asian racism has increased during the COVID-19 pandemic. Here are some resources on how to speak with children on the topic:

<https://smithsonianapa.org/learn/learn-archives/2020-04/>

<https://www.rebekahgienapp.com/anti-asian-racism/>

<https://www.parents.com/news/parent-guide-helps-asian-families-address-racism-during-the-pandemic/>

<https://www.kids-world-travel-guide.com/asia-facts.html>

Recent news:

[Anti-Asian Hate Is Met Mostly With Silence in Silicon Valley](#) Bloomberg

[A Tense Lunar New Year for the Bay Area After Attacks on Asian-Americans](#) New York Times

Dear BHNS Parents,

We hope that the initial Parent Resource list sent in June was useful in promoting and facilitating conversations about race, racism and anti-racism with your preschool-aged children. Certainly, many more articles, podcasts, websites, book lists, etc. have become available since our last list was sent. Below, you will find additional resources we have compiled for parents on this topic. Also, you will find resources that we have compiled for parents on how to support the mental health and well-being of young children during this protracted pandemic.

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Kathleen Parker, Abigail Vare and Laurel Wilson

### **Anti-racism, Diversity and Inclusion**

“Games and puzzles featuring children from a variety of cultures can help foster a sense of familiarity and comfort with differences...”

*Motherly - How to Raise Anti-racist Kids: 20 Resources for Parents:*

<https://www.mother.ly/child/how-to-raise-anti-racist-kids>

- *Motherly - An Age-by-Age Guide to Talking to Your Kids About Racism:*

<https://www.mother.ly/child/talking-to-kids-about-racism-age-by-age/why-its-never-too-early-to-start-talking-about-race-and-racism-with-kids>

- *PBS Kids - How to Use Children's Books to Talk About Race and Racism:*

<https://www.pbs.org/parents/thrive/how-to-use-childrens-books-to-talk-about-race-and-racism>

- *Sesame Street - I Love My Hair song:*

<https://www.youtube.com/watch?v=enpFde5rgmw>

- *Curated lists of children's books by a diverse selection of authors/illustrators, sorted by age and theme:*

<https://happilyeverelephants.com/childrens-book-lists>

Books that support diversity, equality and inclusion recommended by  
Belvedere-Tiburon Library Children's Librarian, Alicia Bell:

#### TODDLER

*Dream Big, Little One* by Harrison, Vashti

*It's Okay to Be Different* by Parr, Todd

*Ten Little Fingers and Ten Little Toes* by Fox, Mem

#### PRESCHOOL

*I Am Human, A Book of Empathy* by Verde, Susan

*Same, Same, but Different* by Kosteck-Shaw, Jenny Sue

*Hair Love* by Cherry, Matthew A.

*Magnificent Homespun Brown: A Celebration* by Doyon, Samara Cole

*Sulwe* by Nyong'o, Lupita

*The Skin You Live In* by Tyler, Michael

*The Colors of Us* by Katz, Karen

*This Little Trailblazer: A Girl Power Primer* by Holub, Joan  
*Chocolate Me!* by Diggs, Taye  
*I Am Enough* by Byers, Grace  
*The Day You Begin* by Woodson, Jacqueline  
*You Matter* by Robinson, Christian  
*All Are Welcome* by Penfold, Alexandra  
*The Other Side* by Woodson, Jacqueline  
*Black is Brown is Tan* by Adoff, Arnold  
*Skin Again* by hooks, bell  
*If a Bus Could Talk* by Ringgold, Faith  
*My Painted House, My Friendly Chicken, and Me* by Angelou, Maya  
*If You Plant a Seed* by Nelson, Kadir

### **Mental Health Support for Children During COVID-19**

*What is Coronavirus?* by Christine Borst, PhD, LMFT:

[https://drive.google.com/file/d/1ovyr\\_19RVKBOk\\_CkA4dXvToZTwzqbB4\\_/view](https://drive.google.com/file/d/1ovyr_19RVKBOk_CkA4dXvToZTwzqbB4_/view)

*Harvard University Center on the Developing Child - How to Support Children (and Yourself) During the COVID-19 Outbreak:*

<https://developingchild.harvard.edu/resources/how-to-support-children-and-yourself-during-the-covid-19-outbreak/>

*Child Mind Institute – Supporting Kids During the Coronavirus Crisis:*

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

*Zero to Three – Answering Your Young Child’s Questions About Coronavirus:*

<https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

*CNN/Sesame Street – Coronavirus Town Hall:*

<https://www.cnn.com/2020/04/25/app-news-section/cnn-sesame-street-coronavirus-town-hall-april-25-2020-app/index.html>

*CNN/Sesame Street – ABCs of COVID-19 Town Hall:*

<https://www.cnn.com/2020/06/13/app-news-section/cnn-sesame-street-abcs-of-covid-19-town-hall-june-13-2020-app/index.html>

*Sesame Street – Talking to Children About COVID-19:*

[https://www.sesamestreet.org/sites/default/files/media\\_folders/Images/PDF3V3.pdf](https://www.sesamestreet.org/sites/default/files/media_folders/Images/PDF3V3.pdf)

*PBS Kids – How Daniel Tiger’s Neighborhood Songs Help my Parenting During COVID-19:*

<https://www.pbs.org/parents/thrive/how-daniel-tigers-neighborhood-songs-help-my-parenting-during-covid-19>

*Sesame Street in Communities – COVID-19: Everyday Challenges:*

<https://sesamestreetincommunities.org/subtopics/covid-19-everyday-challenges/>

*Sesame Street in Communities - Activities to help families find new ways to reconnect safely and respectfully as they adjust to new plans and routines:*

<https://sesamestreetincommunities.org/topics/health-emergencies/?activity=reconnecting-and-respecting-bundle>

*Sesame Street in Communities - Activities to help children feel safer, calmer, and more secure:*

<https://sesamestreetincommunities.org/topics/health-emergencies/?activity=feeling-worried-bundle>

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June 7, 2020

Dear BHNS Parents,

In the past week and a half, numerous resources have been made available for parents to help promote and facilitate conversations about race, racism and anti-racism. Unfortunately, not every resource is geared toward families with preschool-aged children. So, the staff at both Belvedere Nursery School and Hawthorne Pre-K have compiled a list of articles, podcasts, book lists, etc. that are focused on helping parents of young children. In an effort to reduce the overwhelm and keep the conversations going, our plan is to send an email regularly throughout the summer and into the fall with informative and helpful resources.

Our initial focus will address race, racism and anti-racism. However, we are also compiling resources for parents on supporting the mental health and well-being of young children as we slowly emerge from sheltering-in-place during/after the coronavirus pandemic. We will be providing ideas on how to best help your child(ren) transition back to a school setting, without fear of the “bad germs” that they might assume are everywhere.

Our BHNS Staff is made up of Early Childhood Education professionals dedicated to supporting families when children are in school and when they are not. We hope you find this list helpful. For your convenience, these resources will also be posted on the BHNS Parent Website <http://parents.belvedere-hawthorne.com> under the School Communications tab.

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**NPR Parenting: Difficult Conversations Podcast:** *Talking Race with Young Children*

<https://www.npr.org/2019/04/24/716700866/talking-race-with-young-children>

**Plinkit:** *How to Talk to Your Child About Race*

<https://myplinkit.com/2017/10/talk-race/>

**American Academy of Pediatrics [healthychildren.org](http://healthychildren.org):** *Talking to Children About Racial Bias*

<https://healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>

**Common Sense Media**

<https://www.commonsensemedia.org/blog/how-to-talk-with-kids-about-racism-and-racial-violence>

**Association for Library Service to Children:** *Talking with Young Children (0-5) about Race*

<https://www.alsc.ala.org/blog/2018/05/talking-with-young-children-0-5-about-race/>

Some picture books recommended for young children:

***More, More, More, Said the Baby***

Written and illustrated by Vera B. Williams, Greenwillow Books

***All the Colors We Are: The Story of How We Get our Skin Color***

Written by Katie Kissinger; photographs by Chris Bohnhoff, Redleaf Press

***Everywhere Babies***

Written by Susan Meyers, Houghton Mifflin Harcourt

***Lovely***

Written by Jess Hong, Creston Books

***Please, Baby, Please***

Written by Spike Lee and Tonya Lewis Lee and illustrated by Kadir Nelson, Little Simon

***Full, Full, Full of Love***

Written by Trish Cooke and illustrated by Paul Howard, Candlewick Press

**Talking with Children about Race**