



4 Tips For Navigating Conversations About Race With Your Kids



Don't Delay

Children pick up on cues about race without us having to utter a word. Avoiding this subject gives biases more time to become entrenched.

Practice What You Preach

Exposing your kid to other cultures and races normalizes the idea that being different isn't a bad thing.

Avoid Rewriting History

You don't have to go into graphic details when it's not age-appropriate, but you should address head-on the wrongdoings that are part of our shared history. When kids have context, it's easier for them to understand the importance of anti-racism today.

Embrace Teachable Moments

Rather than ignoring uncomfortable things, use them as learning experiences and jumping off points for open discussions with your kid.

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