

Parent Support

Week of June 15th
2020

RACISM AND JUSTICE

How to talk with your kids about racism

As protests and petitions for change continue all across the country, your children are bound to have questions. Here are tips to help you have these important conversations with your children.

1. Read them a book.

Taking the time to teach your children from new perspectives outside of your own is invaluable. Click [here](#) for a list of books on racism and justice based on age.

2. Be honest.

You can be both honest and age appropriate when talking to your children about racial justice. There are undoubtedly scary things happening. Sheltering your children from these realities only creates ignorance and confusion. Children will hear about high profile tragedies through media, their friends, or even overhearing adult conversations. If parents are silent, children will draw their own often faulty conclusions about what is happening and why. You can tell your child that bad things are happening and why, without showing them disturbing footage of the event. [Here](#) is a great article with further tips around honest conversations.

3. Educate yourself.

It's okay to not have all the answers. Keeping yourself informed about what is going on helps you to be more prepared to address these topics with your children. In order to avoid misinformation, go directly to the source to learn about the Black Lives Matter movement. Research allows you to broaden your mind with perspectives outside of your own.

[About Black Lives Matter](#)

You can also sign up for [webinars](#) and trainings to learn even more.

Self-care Tip

Do something you're good at. What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity, you enjoy probably means you're good at it, and achieving something boosts your self-esteem.



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