

## When should I start talking to my child about race?



“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 and skills to promote a more just future – but only if we talk about it!” Learn more about talking to your children about race relations by clicking [here](#).

## Resources:

- [Be The Bridge – by Latasha Morrison](#)
- [Talking Race with Young Children - NPR](#)
- [So You Want to Talk About Race](#)
- [Just Mercy by Bryan Stevenson](#)
- [For the Love of February - Podcast](#)
- [Confessions of a D Girl: Colorism and Global Standards of Beauty](#)

**Learning to stand in somebody else’s shoes, to see through their eyes, that’s how peace begins.**

**-Barack Obama**

The Color of Fear is a video-based intervention which contains real and painful stories shared by individuals who have experienced the negative impacts of racism and bias in the US. It is meant to be facilitated by a professional such as a therapist, as the video contains strong language, sensitive content, and is intended for adults. If you would like to engage in this intervention, please contact your therapist for support.

Our virtual support groups are up and running! Ask your therapist or email Ken Summers at [Ksummers@thebabyfold.org](mailto:Ksummers@thebabyfold.org) for more information regarding virtual support groups.