

STARTING A FAMILY CONVERSATION ABOUT RACE

A Resource Guide From Your KC Pediatricians



WATCH THE VIDEO

This resource guide was built with the advice and guidance of KC experts, Vladimir Sainte, LCSW and Laura Probasco, LCSW. For better understanding on how to use this guide, watch the full conversation at: rebrand.ly/RaceConvo

PODS

- *Talking Race with Young Children (NPR)*
- *Janet Lansbury Unruffled - Raising Anti-Racist Children - A Holistic Approach with Kristen Coggins*
- *Unlocking Us: Brene Brown with Ibram X. Kendi*



TOYS & TV

- *People Colors Crayon Pack*
- *Sugarfoots Rag Dolls*
- *Pattycake Doll Company*

CNN/Sesame Street Racism Town Hall (CNN)

DIVERSIFY YOUR LIBRARY

- *I Like Myself* by Karen Beaumont (Birth - 3y)
- *I Love Me* by Sally Morgan (Birth - 3y)
- *The Skin You Live In* by Michael Tyler: (PreK - 2)
- *I Am Mixed* by Garcelle Beauvais (PreK - 2)
- *Pink is For Boys* by Robb Pearlman (PreK - 3)
- *Hats of Faith* by Medcia Cohan (PreK +)
- *Skin Again* by Bell Hooks (PreK -2)
- *Just Like a Hero* by Vladimir Sainte (K - 3)
- *I am Enough* by Grace Byers (All ages)
- *Little Leaders Series* by Vashti Harrison (all ages)

ADULT LEARNING

Video:

Uncomfortable Conversation with a Black Man with Emmanuel Acho (YouTube)

Books:

- *Between the World and Me* by Ta-Nehisi Coates
- *So You Want to Talk About Race* by Ijeoma Oluo
- *How to be a Anti-Racist* by Ibram X. Kendi



IG FOLLOWS

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