

Assisting today's presenter



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Objectives

- UNDERSTAND** Understand the occurrence and address individual biases about racial and cultural discrimination in interpersonal relationships.
- RECOGNIZE** Recognize the impact of discrimination on young children while supporting diverse groups of children and families.
- ACQUIRE** Acquire developmentally appropriate relational strategies including cultural empathy, to promote healing of trauma triggered by racial and cultural discrimination.



WHAT IS RACE?

A power construct of difference that lives socially.

Kendi, 2019

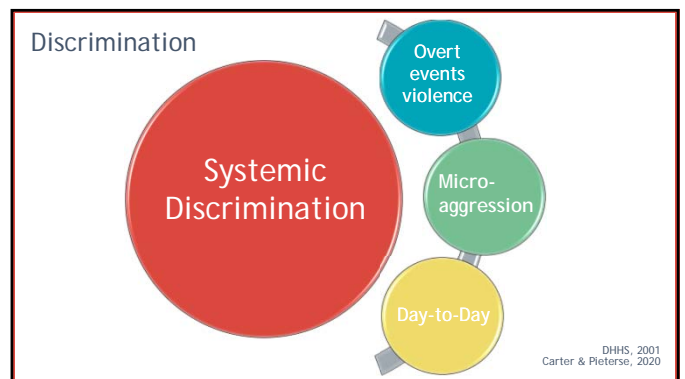
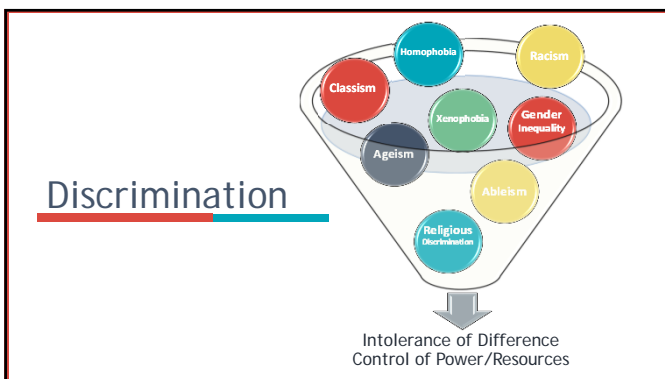
What is CULTURE?

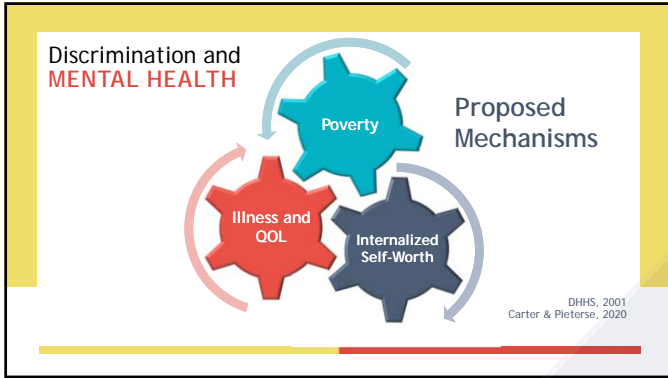
Multiple collective identities—groups of identification.

(Falicov, 1998)



Image: Iceberg or Beacon? How the Cultural Iceberg Guide Us Toward Greater Inclusion. (2020, July 10). Retrieved October 25, 2020, from <https://languageandculture.com>





TRAUMA

Experiencing of ACTUAL OR THREATENED...

- Death
- Serious Illness
- Sexual Violence

Of/to self or OTHERS

American Psychiatric Assoc., 2013

TRAUMATIC Stress

When the nervous system continues to react after the threatening event has passed...

- Re-experiencing
- Avoidance
- Altered thoughts and mood
- Arousal

American Psychiatric Assoc., 2013

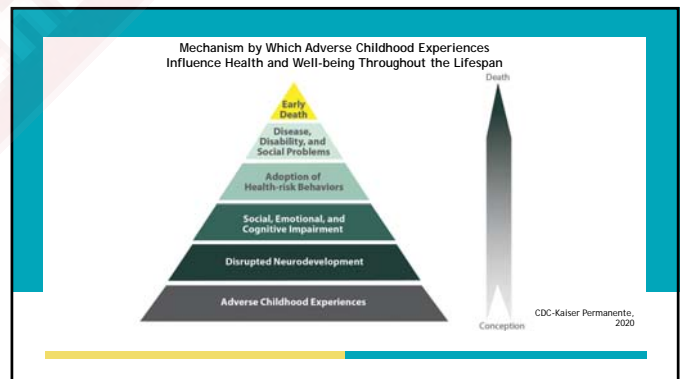
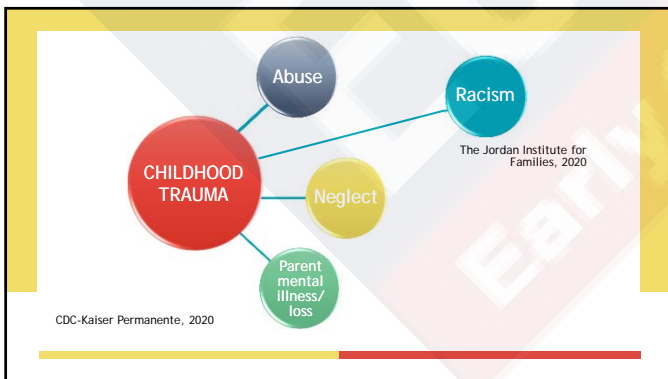
RACE-BASED Traumatic Stress

Mild to extreme emotional distress

- Avoidance
- Arousal
- Low self-worth
- Distrust...

...resulting from racism.

Proposed by Carter and colleagues (2020)



Effects of chronic traumatic stress on learning & development in early childhood

Muscle tension and pain, shakiness

Difficulty with concentration, memory, and learning

Disrupted digestion

Inability to relax
Sleep problems

Harvard Center for the Developing Child, 2020

Healing from racial/cultural discrimination...

...happens in close relationships in a safe environment

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The Prime Opportunity for Wiring Empathy

Caregiver = Safety

By age 4 children express racial prejudice.

They are not too young to talk about race!
<https://www.kidzworld.com/blog/2014/04/04/they-are-not-too-young-to-talk-about-race-24693>

The Power of Early Childhood Educators

A Class Divided From Frontline PBS
https://www.youtube.com/watch?v=lmCm_LwP

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Promoting Acceptance

Emotional process involving capacities like tolerance, humbleness, & authenticity.


Pedersen, Crethar and Carlson, 2008

LAYING the Foundations

Non-linear, life-long journey

Cultivating Racial/Cultural Empathy in Young Children

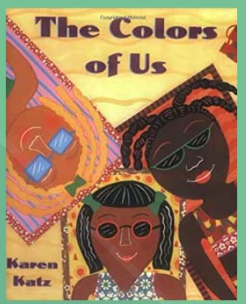
- Exposure to diversity ASAP.
- Highlight racial/cultural differences and similarities within the group and families.
- Role-model interest in/comfort with others who are different and facilitate friendship.
- Learn about different cultures through holidays, music, clothing, stories, etc.
- Diverse children's books, pictures and songs are not enough, but are good conversation starters.



Parr, Todd. It's Okay to Be Different. . 2009.


CULTIVATING Racial/Cultural Empathy in Young Children

- Acknowledge the reality of discrimination, injustice and privilege, in simple words.
- Recognize that you and others can be biased and keep trying to soften your assumptions!
- Process together feelings and experiences.
- Reward acts of solidarity.
- We have improved and have hope!



Katz, Karen. The Colors of Us. Square Fish, 2012.

Calming down arousal while playing:



Elmo Belly-breathe, noodle game, yoga (Cosmic kids), dancing, movement back-rubs, bear hugs, pretend doctor, pretend salon...

Encouragement by practicing together and gradually.

Sesame Street. Common and Colbie Calliat. "Belly Breathe" with Elmo. https://youtu.be/_m2u2D0y9kA

RESOURCES for Adults

- American Academy of Pediatrics, 2019. The Impact of Racism on Child and Adolescent Health. <https://pediatrics.aappublications.org/content/144/2/e20191765>
- Centers for Disease Control and Prevention, 2020. About the CDC-Kaiser ACE Study. <https://www.cdc.gov/violenceprevention/aces/about.html>
- Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5®). American Psychiatric Publishing, 2013.
- Kendi, Ibram X. How to Be an Antiracist. One World, 2019.
- Pedersen, Paul B., Grethar, Hugh C., and Carlson, Jon. Inclusive Cultural Empathy: Making Relationships Central in Counseling and Psychotherapy. American Psychological Association, 2008.




RESOURCES for Adults

- Latino Families in Therapy. A Guide to Multicultural Practice, by Celia Falicov, 1998.
- Carter, Robert T., and Alex L. Pleterse. Measuring the Effects of Racism: Guidelines for the Assessment and Treatment of Race-Based Traumatic Stress Injury. Columbia University Press, 2020.
- Racism is an Adverse Childhood Experience. The Jordan Institute for Families, 2020. <https://jordainstituteforfamilies.org/2020/racism-is-an-adverse-childhood-experience-ace/>
- Center for Racial Justice in Education. Resources for Talking About Race, Racism, and Racialized Violence with Kids - <https://centerracialjustice.org/resources/resources-for-talking-about-race-racism-and-racialized-violence-with-kids/>
- Racism and Violence: Using Your Power as a Parent to Support Children Aged Two to Five. ZERO TO THREE. www.zerotothree.org/resources/1598-racism-and-violence-using-your-power-as-a-parent-to-support-children-aged-two-to-five.






RESOURCES for Adults

- A Class Divided by PBS Frontline (full film) - Third-grade teacher Jane Elliott's lesson in discrimination. https://youtu.be/1mcCLm_LwpE
- Toxic Stress Derails Healthy Development from The Center on the Developing Child at Harvard University - <https://youtu.be/rVwFkc0ZHUw>
- Brené Brown on Empathy from RSA - <https://youtu.be/1Ewgu369Jw>
- PODCAST: Code Switch (Race. In Your Face.) from NPR - <https://www.npr.org/sections/codeswitch/>
- PODCAST: Seeing White (2017) from Scene on Radio - <http://www.sceneonradio.org/tag/season-2/>

RESOURCES for Adults

-  Iceberg or Beacon? How the Cultural Iceberg Guide Us Toward Greater Inclusion. (2020, July 10). Retrieved October 25, 2020, from <https://languageandculture.com/iceberg-or-beacon-how-the-cultural-iceberg-guide-us-toward-greater-inclusion/>
-  Office of the Surgeon General (US): Center for Mental Health Services (US): National Institute of Mental Health (US). Mental Health: Culture, Race, and Ethnicity: A Supplement to Mental Health: A Report of the Surgeon General. Rockville (MD): Substance Abuse and Mental Health Services Administration (US): 2001 Aug. PMID: 20669516.
-  They are not too young to talk about race!
<http://www.childrenscommunityschool.org/wp-content/uploads/2018/02/theyre-not-too-young-1.pdf>

RESOURCES for Children

-  Great Diverse Books to Engage Students on Bullying and Bias. Welcoming Schools. <https://www.welcomingschools.org/pages/books-to-engage-students-on-bullying/>
-  Ballard, Jamie. "18 Children's Books to Help You Talk About Race and Racism With Kids." Woman's Day. Woman's Day. 4 June 2020. www.womansday.com/life/entertainment/g32748133/childrens-books-race-racism/.
-  Allen, Autumn, et al. "20 Picture Books for 2020: Readings to Embrace Race, Provide Solace & Do Good." EmbraceRace, 2020. www.embracerace.org/resources/20-picture-books-for-2020.
-  Sesame Street: Common and Colbie Caillat - "Belly Breathe" with Elmo (2012) https://youtu.be/_mZozD0pyIA
-  ToddWorld: It's OK to Be You (2006). An animation based on Todd Parr's work. <https://youtu.be/dgTetUld3U>

RESOURCES for Children

-  Parr, Todd. It's Okay to Be Different. Megan Tingley Books, 2009.
-  Katz, Karen. The Colors of Us. Square Fish, 2012.
-  Sesame Street in Communities (Resources, Strategies, and Support for Community Providers) - <https://sesamestreetincommunities.org/>
-  FEATURE FILMS: Hotel Transylvania 1, 2, & 3 from Sony Pictures Animation
-  FILM: Ruby Bridges (1997) - Disney

NEXT webinar

WHAT'S THE DIFFERENCE? Culturally Responsive Teaching & Learning in Early Childhood Education

Best Practices to Cultivate Partnerships with Culturally & Linguistically Diverse Families in Early Learning Programs

Tuesday, May 18, 2021 @ 1:00 PM ET






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