



MONTCLAIR STATE
UNIVERSITY

Center for Autism and
Early Childhood Mental Health

Friday Focus
from the Center for Autism and Early Childhood
Mental Health

Focus on:
Raising anti-racist infants and young children

We are responding to the current moment by taking a pause on sharing resources regarding Covid-19 to share resources on the longer-standing pandemic of racism. The below are offered to help us work towards addressing the "ghosts in our society" of structural oppression, systemic racism, and implicit bias. We know there are many in our infant/early childhood community for whom these ghosts are present everyday, and that these have become centered over this past week. We also know that there are some in our community who are learning now about these ghosts.

We offer the below resources to all of us who know that actions of change in our society find their opportunity in the raising of our infants and young children. We encourage those of us who are newer to the learning about the ghosts of systemic racism to use these resources in our own homes to speak to our

infants and young children about how our collective culture has used race to divide, to work everyday to make these ghosts known in our lives and workplaces, and then take active steps to work against them towards equity and justice.

The website, **Embrace Race**, has many resources for all of us to raise children informed about race

[Embrace Race](#)

Embrace Race is offering a webinar on Tuesday, 6/2/20 at 8:30 pm EST: "How to do I make sure I'm not raising the next Amy Cooper"

[Embrace Race Webinar](#)

Below is a PDF of their document, Ten Tips for Talking and Teaching Children about Race

[Ten Tips for Talking and Teaching Children about Race](#)

In cities like Boston and Philadelphia this weekend, there was an organized movement to have children choose activities to share in protest of the devaluing of Black lives, and to help children find participation in action towards justice. You can read about this here:

<http://phillychildrensmarch.org/2020/05/day-of-action-sunday-may-31/>

We encourage families in New Jersey to engage in similar family-based action this week in our own #familydayofaction

[NPR - Talking to Children about Race](#)

This 20 minute podcast produced by National Public Radio and Sesame Street is a great start for caregivers to learn about how to talk to children about race

Question: Are your kids too young to talk about race?

Answer: Nope!

Below is a helpful graphic adapted from the Children's Community School describing the developmental readiness of children at different ages to learn and understand race. Silence perpetuates stereotypes and leaves children to draw their own conclusions from the current societal structures which we are called to change. Start early - talk often - listen well.

The **Smithsonian's National Museum of African American History and Culture** recently launched Talking About Race, a new online portal designed to help individuals, families, and communities talk about racism, racial identity and the way these forces shape every aspect of society, from the economy and politics to the broader American culture.

[Smithsonian Museum: Talking about Race](#)

SPOTLIGHT ON STORIES!

In this volume, we do not have one recommendation for stories on helping to raise consciousness about race, but offer this website from Brightly that lists stories and books for both adults and children:

[Books for adults and children about race](#)

We are all in this together!

If you have any resources that you would like to share, please email us at caecmh@montclair.edu

We are here to help!

If you are feeling alone, worried, concerned, or unsafe, or you know someone who is feeling these ways, please also reach out to caecmh@montclair.edu.

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