



The following resources are from the 'Talking with Children About Racism and Social Justice' virtual panel held on January 19, 2020

Doing Your Own Work

[Justice in June](#) - a day by day calendar of readings, videos, and actions one can commit to, whether you have 10,25, or 45 a day to become an anti-racist.

[Talking About Race](#) - From the Smithsonian's National Museum of African American History & Culture, a rich, robust site full of videos, articles, and reflection materials with specific paths of inquiry for self-development, parenting, and social activism.

Racial Trauma and Somatic Healing Resources:

[Resmaa Menakem and the Somatic Abolitionist Movement](#), including links to responsibly purchase [My Grandmother's Hands](#) by Resmaa Menaken, mentioned during the workshop

[Prentis Hemphill](#), and [The Embodied Institute](#), originally focused on the healing of trauma in BIPOC, The Embodied Institute is broadening their reach "to bring political and embodied emotional skills to our broader communities and expand in our capacity and practice of just relationships." (please note, you will need to scroll down the page before you will see text.)

[Take a Test \(harvard.edu\)](#) (Implicit bias tests)

[Part of series: Uncomfortable conversations with a black man](#) - video

For You As A Parent

[Let's Talk About Racism – Maine Kids VOICE](#)

['Raising White Kids' Author On How White Parents Can Talk About Race : NPR](#)

[Let's Talk About Race \(Paperback\) | Charis Books & More and Charis Circle](#)

[\(charisbooksandmore.com\)](#) (For 4-8 year olds)

[New Kid – HarperCollins](#) (Book for middle schoolers)



From Embracerace.org

[What is "The Talk" White parents should have with White children?](#)

[On Point Radio: How to Talk With Your Kids About Race, Racism, and Police Violence](#)

[16 ways to help children become thoughtful, informed, and BRAVE about race](#)

[How Kids Learn About Race](#)

[Here's What Matters to Me, the Mother of Your Child's Black Friend by Rachel Nance Wade](#)

Dr. Anne Hallward, Safe Space Radio - [Talking to White Kids About Race and Racism](#)

General Parenting Instagram Resources recommended by Cara Cookson during the workshop:

[Themompsychologist](#) (Instagram account)

[Theconsciouskid](#) (Instagram account)

BIPOC art & poetry

[Morganharpernichols](#) (Instagram account)

Additional Resources

Liz Greason, Maine Intercultural Communications Consultants:

<https://www.maineintercultural.com/anti-racism>

We Need Diverse Books: <https://diversebooks.org/>

Lee & Low Books: <https://www.leeandlow.com/>

Diverse Book Finder: <https://diversebookfinder.org/>