African-American Families Experiences with Racism and Parenting

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Disclosures/COI

None
Objectives

- To increase awareness of the impact of racial discrimination on African-American families.
- To improve understanding of the parenting challenges in order to increase empathy and inform delivery of care.
First day of school
More Black families are homeschooling their children, citing the pandemic and racism

December 13, 2021 · 4:17 PM ET
Heard on All Things Considered

KYRA MILES
Vicarious Racism

- Impact of racial discrimination on others
  - Linked lives
  - Heightened sensitivity

Longitudinal Cohort Study

Discrimination
Mom/family/ within area
Maternal MH
Parenting (harsh) practices
Child Socioemotional Dev.

Racial discrimination → worsening MH & Socioemotional development

Preschool

• N=250 AA mothers of preschoolers
  • Reported racial discrimination
  • Parenting
  • Coping
  • Mental health
Toll of parenting stress

- Parent-child interactions
- Child behavior/mood

Elementary School

• Experiences with discrimination increase

Black Males

- Older
- Less innocent
- Angry


African-American Children

3 x Suspension
2 x Expelled
Adolescence Data

Disruptive behaviors
Conduct problems
Depressive sx
Low-self esteem
Anxiety
Hopelessness
Substance use
Middle School

N=208 (6-8\textsuperscript{th} graders)

Variables

Discrimination
Parental monitoring
School self-esteem
Intrinsic motivation
Commitment to learn

More discrimination -->
Less academic motivation & school engagement

Optimizing Potential

- How your teacher sees you matters
- Matters who your child sees
  - Power of 1


Chalkbeat: https://apple.news/AES1oPTX6RVSa2QGCFqAjPg
Well child visit

- Reading
- Diet
- Weight
- Discrimination?
2020 Top 10 Child Health Concerns

<table>
<thead>
<tr>
<th>Among Black Parents</th>
<th>Among Hispanic Parents</th>
<th>Among White Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Racism 82%</td>
<td>1 Overuse of social media 73%</td>
<td>1 Overuse of social media 72%</td>
</tr>
<tr>
<td>2 COVID 73%</td>
<td>2 Bullying/cyberbullying 72%</td>
<td>2 Bullying/cyberbullying 58%</td>
</tr>
<tr>
<td>3 Overuse of social media 70%</td>
<td>3 Internet safety 72%</td>
<td>3 Internet safety 57%</td>
</tr>
<tr>
<td>4 Unhealthy eating 68%</td>
<td>4 Smoking/vaping 67%</td>
<td>4 Unhealthy eating 56%</td>
</tr>
<tr>
<td>5 Internet safety 67%</td>
<td>5 Drinking or using drugs 67%</td>
<td>5 Lack of physical activity 53%</td>
</tr>
<tr>
<td>6 Bullying/cyberbullying 66%</td>
<td>6 Racism 65%</td>
<td>6 Stress/anxiety 51%</td>
</tr>
<tr>
<td>7 Poverty 66%</td>
<td>7 Depression/suicide 64%</td>
<td>7 Depression/suicide 49%</td>
</tr>
<tr>
<td>8 Drinking or using drugs 62%</td>
<td>8 COVID 64%</td>
<td>8 Smoking/vaping 46%</td>
</tr>
<tr>
<td>9 Unequal healthcare access 62%</td>
<td>9 Stress/anxiety 62%</td>
<td>9 Child abuse &amp; neglect 42%</td>
</tr>
<tr>
<td>10 Gun injuries 61%</td>
<td>10 Child abuse &amp; neglect 61%</td>
<td>10 Drinking or using drugs 41%</td>
</tr>
</tbody>
</table>

Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2020
Socialization

- Learn about racism and diversity
- Verbal and non-verbal messages

Socialization

Heritage

Racial barriers and strategies

Amplify individual traits

Representation

Individual Physicians

• Address own biases
• Encourage parents to have discussions on racism
• Anticipatory guidance/resources
• Inclusive clinical environments

Clinical Practice

• Screening tools
• Be ready to ask about and address racism
• Representation in reading materials and imagery
Pediatric Medical Education

Competency-based Education

Entrustable professional activities

Revision of:
Apply Public Health Principles & QI Methods to Improve Population Health

Pediatric Medical Education

Naming it

Racism

Identifying mechanisms

Specific pop. strategies

AAMC-Diversity, Equity, and Inclusion Competencies Across the Learning Continuum

- Engage health care professionals
- Gap analyses
- Guide professional development
- Learning objectives
- Scholarship

*not intended to be used for high-stakes assessments or accreditation of schools, programs, or institutions

"Equity Metrics Should Be An Essential Component Of Hospital Rankings", Health Affairs Blog, March 19, 2021.DOI: 10.1377/hblog20210312.583128
Data

Instruments

Developmentally appropriate
Standardize approach-racism

National surveys

Racism & discrimination measures

doi: 10.1097/DBP.0b013e3181a7ed5a
Thank you

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