

Links for K and 1st Grade Parents

Resources for discussing race, racism, and social injustice with children

“Talking to Children About Racism” A NYU Langone Child Study Center Webinar (2017)

<https://youtu.be/nDgXMYhZClk>

A few suggestions for the books: **1)** Read/view the book before sharing it with your child. **2)** Watch/read the book **with** your child. Consider strategically pausing the book a couple of times to foster a discussion with your child. Continue the conversation after reading the book. **3)** If you find any of these books helpful consider purchasing the book to support the author and share the book with family and friends!

Let’s Talk About Race by Julius Lester <https://youtu.be/zoDUJY9u9Jw>

A Kids Book About Racism by Jelani Memory <https://youtu.be/LnaltG5N8nE>

The Skin You Live in Book by Michael Tyler <https://youtu.be/uS-f1FaWdJU>

Not Quite Snow White by Ashley Franklin and Ebony Glenn <https://youtu.be/gFqu3qk8agE>

Same Difference by Calida Rawles [Same https://youtu.be/XpSLtVXF0Mc](https://youtu.be/XpSLtVXF0Mc)

Something Happened in Our Town: A Child’s Story about Racial Injustice by Marianne Celano, Marietta Collins, & Ann Hazzard <https://youtu.be/lcOhOFGcWm8>

Caregiver Advice

Helping children to grieve: <https://nyti.ms/2y2doii>

Updated screen time advice: <https://nyti.ms/2V1pbpl>

Protecting Kids’ Ears From Constant Headphone Use <https://nyti.ms/2LN6hxo>

From Camping To Dining Out: Here's How Experts Rate The Risks Of 14 Summer Activities

<https://www.npr.org/sections/health-shots/2020/05/23/861325631/from-camping-to-dining-out-heres-how-experts-rate-the-risks-of-14-summer-activit?sc=18&f=1001>

When [Co-parents] Fight About Virus Risks <https://nyti.ms/2AcQ4yN>

How Do You Decide If Children Can Play Together Again? <https://nyti.ms/3eE3fYO>

Caregiver stress management: <https://www.nytimes.com/2020/02/26/smarter-living/the-difference-between-worry-stress-and-anxiety.html?searchResultPosition=1>

Here’s to making it through
this challenging time –
together!

My very best,

Amillah P. Williamson, LSW
Nishuane School Counselor

