

For White Parents: The 4 S's of Antiracist Parenting

To join the ongoing conversation in our community about racism, equity, and anti-bias, AEYC is highlighting resources each month that are child friendly and age appropriate.

This article is by Traci Baxley, Ed.D. from [Sesame Street in Communities](#). The resources in this initiative can support you in building racial literacy in all children (and there are even two new friends on Sesame Street here [to help](#)).



Raising children to be kind human beings is a top priority for many parents, but being a "good" person is not enough! We also have the power to raise antiracist children. Antiracism is more than believing that racism is wrong—it means taking action against it. The good news is that children recognize unfairness early and they often want to do the right thing. Sometimes it feels too big and we don't know where to start. Here are four ways White parents can begin the journey at home.

SELF-REFLECT: Think about your knowledge, skills, and awareness around race. This will allow you to talk about race and racism, to identify racism when it happens, and to come up with strategies to counter it or to cope with it. Notice when you stereotype others, and stop to think about it. We all have biases that may have come from our childhood experiences, people around us, or the media. The more we reflect on our beliefs and where they came from, the more we can expand our racial literacy and model for our children to do the same.

SURVEY: Look around you and notice how much diversity children are seeing in their daily lives. Consider your own circle of friends, your children's playmates, toys, music, and books. If children don't see many people who look different from them, it can send a message about what's important (or not)—but there are lots of ways to change that (see next paragraph)!

SEEK: You can start with a simple trip to the library to look at books featuring people who look different from you. Expose your children to a diverse range of people—look for cultural events, after school activities, clubs, and restaurants that involve people of different races. It's okay to discuss racial and cultural differences (for instance, at an outdoor concert, you might say "the music is from [name of country], and lots of people here are from that country. There are many people with dark skin in that country.") This is also a great way to engage and form connections within your community.

SPEAK: Talk your children about race, people's differences, and how people are treated unfairly because of the color of their skin. Don't wait until the "perfect" moment or until you have all the answers. If children are aware of current events, use dinnertime conversation to explain and talk about what's happening, what needs to change and how we can all be part of that change, and encourage children to keep asking questions and sharing their thoughts.

Last, remember it's okay to not have all the answers! By actively expanding your children's racial awareness, you're well on your way to raising the next antiracist that the world needs.

Kids in the Kitchen

Crunchy Celery Sticks

Prep Time 20 mins
Total Time 20 mins

Kitchen Gear

- Vegetable peeler
- Measuring spoons
- Plate
- Spoon

Ingredients

- 2 celery stalks, washed and peeled with a peeler
- 2 tablespoons peanut butter or almond butter
- 2 teaspoons granola



Instructions

Put the celery stalks on the plate. Using the spoon, scoop some peanut butter from the jar and stuff it into the celery.

Sprinkle with the granola, and then press down with your fingers or the spoon to make the granola stick to the peanut butter.

Notes

If you are allergic to nuts, make this recipe with cream cheese instead of nut butter.

For more recipes and resources visit: <https://www.chopchopfamily.org/>

Seeking Support?

If you are seeking support and information for your family, reach out to [Help Me Grow AK](#). Their Family Support Specialists can help you navigate and connect you with resources statewide. Including child health and development, social and emotional resources, and prenatal care. You can reach a specialist at [1-833-HMG-ALASKA](https://www.helpmegrowalaska.org/).



Rain
or Shine
Learning
all the Time

Little kids are amazing! Their brains are wired to learn, no matter when, where, or what the weather. The good news is it's fun and easy to help them along - just talking, sharing, and playing together can help spark connections in their brains and build a strong foundation for lifelong learning.

For more resources visit the Rain or Shine Campaign page.
www.juneaufamilies.org/rain-or-shine/



School Readiness

Learning begins at birth. By the time children turn three, they have already begun laying the foundation for life-long learning and success. Making the most of early learning moments can be the difference between a fragile beginning and a strong start at school. Discover more about how to support early learning in babies and toddlers.

Developing School Readiness Skills From 0-12 Months

Learn how children develop early learning skills from birth to 12 months. These skills include: Language and Literacy, Thinking Skills, Self-Control, and Self Confidence



Babies come into the world filled with curiosity about the people, objects, and places they encounter. Daily routines like feeding, diaper-changing, and bath time offer babies especially rich opportunities to have fun, connect and bond with loved ones, and figure out how the world works.

Important early learning skills get their start through these everyday moments between babies and adults. Reading together, and watching your baby to learn how she communicates through sounds, facial expressions, and gestures, are both ways to give her a foundation in literacy and language skills. Self-confidence grows as babies feel loved and nurtured by the adults who care for them. They begin developing self-control (though they won't master this skill for a quite a while) when you soothe them after an upset. And babies learn to think, and to puzzle out an interesting problem, by using their senses to play and explore the world around them.

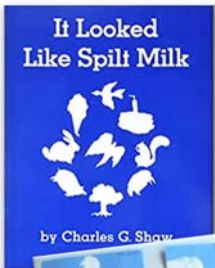
Remember: If your baby is interested and involved in an activity—and having fun—he is learning! It isn't necessary to "teach" very young children. Formal classes and other activities that push babies and toddlers to learn concepts before they are ready do not help their development or make them do better in school. In fact, they can even make children feel like failures when they are pushed to do something they can't succeed at or don't enjoy. So treasure these early days of playing and cuddling with your little one—it is exactly what she needs to grow and learn.

For more school readiness tips visit: <https://www.zerotothree.org/early-learning/school-readiness>

Fun with Art & Literacy

There are many quick follow-up art ideas to enhance a child's love and appreciation of favorite read-aloud picture books. Take a look at this one, found in [Storycook Art](#) by Kohl and Potter:

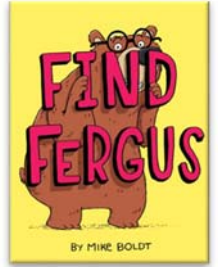
It Looked Like Spilt Milk - Charles Shaw, author/illustrator
- mix ¼ cup white glue with 1 cup frothy shaving cream, and use to finger paint white puffy designs on blue or black paper.



Imagination Library

Did you know that Best Beginnings has a [Pinterest](#) page? It's full of fun activity ideas to go along with your Dolly Parton Imagination Library books. Follow the link to see all of the ideas to go along with *Find Fergus*.

Visit <https://www.bestbeginningsalaska.org/> For many other literacy and parenting resources.



REACH Holiday Display

December 3, 2021 – February 8, 2022

The REACH Holiday display and I Spy game is a plethora of Christmas joys. You will find an interactive electric train, an enchanted world of Harry Potter told in LEGOS, many elves, trolls, owls, nutcrackers, and smiles for the young and old. AND there is an I Spy challenge for all ages! So join us in this holiday tradition at REACH Inc., 213 3rd Street! FREE Do you have questions? Reach out to Sherri McDonald at 907-796-7233.



Parent TALK: Practical Self-Care & Wellness

6 to 7 PM JANUARY 13, 2022 | VIRTUAL, Free!

Keeping up with the pace of daily life can be stressful and overwhelming. Take a break and join David Westlake from Turiya Alaska who will teach practical self-care and wellness techniques that can benefit the entire family! Come ready to practice breathing and movement exercises from the comfort of your own home. Namaste! [register here](#). This class is offered through our partners at thread. Visit them for more fabulous resources here: www.threadalaska.org.

thread Child Care Referrals and Child Care Assistance

Looking for child care? Try the online thread search tool!

www.threadalaska.org/

From here you can search for care by zip code or city. Your results will show program details like location, cost, and age ranges. If you prefer to speak to someone about your child care needs please call the statewide referral line at 800.278.3723, Monday-Friday, 8:30am-5:00pm.



thread also administers the Child Care Assistance Program to help eligible families cover the cost of care. Call or email to find out how you qualify: 855.479.2212, threadCCA@thrivalaska.com.

Your Dollars Make a Difference - Donate to the Dolly Parton Imagination Library

Did you know that donations from supportive people like YOU make books available to children all over SE Alaska? For \$30 a year you can ensure that a child receives a free book in the mail every month. Make your tax deductible donation today at: <http://www.aeyc-sea.org/imagination-library.html>. A big thanks to volunteers Trish Custard and Cora Brunette for giving their time to enroll children.



Alerts about this bulletin are emailed to families whose children are enrolled in the Dolly Parton Imagination Library. Find this bulletin and many other family resources any time at www.juneaufamilies.org.

The Juneau Parent Bulletin is created by AEYC in coordination with **Partnerships for Families and Children**, with funding support from thread. Find us and Like us on [Facebook!](#) AEYC | 3200 Hospital Dr. Ste. 204, Juneau, AK | 907-789-1235 | www.aeyc-sea.org.