

Dear Foster Parents and Relative Caregivers:

The past few months have been some of the most challenging times to be a parent and caregiver. Thank you for all you have done to be there for the children and young adults in your life. We know that it is through relationships with calm, caring and trustworthy adults that our young people have the best opportunity to feel safe, heal, and process their thoughts and emotions.

The time you take to be present and listen is important to help the young people in your care feel connected, supported, and reassured. This shows that you are there for them and will be there with them through these scary and unusual times of a global health pandemic and nationwide outrage and protests against racism and police brutality against people of color.

As we witness and experience the injustices happening across our nation and within our state, we as community cannot continue to ignore the longstanding issues of racial inequities and structural racism (see definition below) that are rooted in our history. Racial disparities exist within all systems including health, housing, education, child welfare, and criminal justice systems.

Many of the inequities faced by our children and families of color are due to structural racism. As parents and caregivers, we must stand up for the children and young adults in our lives and engage in conversations about race and racism and the trauma our children of color, and their families, may experience. For some, this may be a difficult conversation, as they may not have had these conversations in their homes before. For others, these conversations might be difficult not because they are unfamiliar, but because they are traumatic experiences lived daily. As caregivers we must recognize and seek to understand the lived experiences of the children and families that we serve, no matter their background, and particularly when

certain racial or ethnic groups that we serve experience inequities in our system.

We encourage you to collaborate with your team: The young person, their parents, relatives and community, caseworker, Tribe, attorney, CASA and service providers, to understand and support children in embracing their racial and ethnic heritage and create braver spaces to support them around the traumas of systemic racism and oppression.

We also encourage you to reach out to other parents, peers, and foster parents who can often offer no-blame and shame-free spaces to share with vulnerability and honesty and who often offer perspectives and resources that help us all to heal.

Thank you for your dedication, your love, and your care for Oregon's children and families.

There are many resources and opportunities available for celebrating diversity and recognizing structural racism and bias. Your work as a caregiver is foundational in building a community that is strong, supportive, and nurturing. There is room for everyone and no one will do it perfectly, and that is ok. Learning is a continual path and we are here to support you. Please let us know how we can help.

Below is a list of resources to help you navigate these very important conversations. These are intended to help identify where to start, how to respond, and what to say. The intent is to support you as you engage in conversations with the children and young adults in your home, and to support you and your family in on-going learning and healing.

We encourage you to take time to review the resources, track your time to receive credit toward your biennial caregiver training hours, and provide recommendations for additional resources. Resource recommendations may be sent to FosterFamily.Supports@dhs.oha.state.or.us.

The resources below are just the beginning of this conversation, we will share more online at <https://www.oregon.gov/DHS/CHILDREN/Pages/index.aspx> soon.

With Gratitude,

The Foster Care Program and Child Welfare Leadership

Thank you to all our equity partners who helped to contribute resource materials to this effort!

Structural Racism: The practices that perpetuate racial disparities, uphold White supremacy, and serve to the detriment and harm of persons of color and keep them in negative cycles. Institutional/systemic racism also refers to policies that generate different outcomes for persons of different race. These laws, policies, and practices are not necessarily explicit in mentioning any racial group but work to create advantages for White persons and disadvantages for people of color.

(Key Equity Terms & Concepts: A Glossary for Shared Understanding. September 2019. Center for the Study of Social Policy. www.cssp.org)

Behaviors that create a sense of belonging in children	
Do:	Do not:
<p>Bring your child to groups and events where their cultural heritage is celebrated and championed.</p> <p>Watch movies that feature stories about their racial and ethnic background, experiences etc.</p>	<p>Prevent your child from having exposure to racially diverse friends, family and community.</p> <p>Only watch movies and shows about or with people from your own racial/ethnic background</p>
<p>Require other family members and neighbors to treat your child with respect.</p>	<p>Allow racially derogatory comments, jokes or disrespectful treatment of your child in your presence.</p> <p>Fail to respond to family member or community member comments that have upset or hurt the child outside of your presence</p>
<p>Tell your racially/ethnically diverse child you are proud of them.</p>	<p>Behave in ways that minimize their differences by saying things like “we don’t see color in this family” or never celebrating aspects of their heritage in your home (holidays, foods, music, language etc.).</p>
<p>Believe that your child can be a happy adult, no matter their racial/ethnic background– and tell them they will have a good life.</p> <p>Expose them to diverse examples of adults that lead productive, positive and “happy” lives.</p>	<p>Try to change or minimize your child’s identity, pride in or expression of their racial/ethnic background (hair styles/care, clothing, foods etc.).</p>
<p>Welcome your child’s racially diverse friends to your home.</p>	<p>Exclude your child from your family events and activities or fail to</p>

include their racially diverse friends in your family activities.

Resource List

Online Website and Articles		
Item and Source/Author	Category	Abstract
<u>A Letter to Black Foster Youth</u> Source: Sade Daniels for The Chronicle for Social Change	Information about race and trauma	Sade Daniels grew up in foster care and is a noted public speaker on child welfare reform and cultural upliftment practices in direct services. She's currently a program analyst with the state of California.
<u>Raising a Child of Color in America - While White</u> Source: Beth Hall, Co Founder, PACT, Written for AdoptiveFamilies.com	Caregiver guide	Written for white people raising children of color, this 7 page online article covers topics including: why people avoid conversations and why they shouldn't; four levels of racism; microaggressions; racial isolation and importance of close relationships- friends and role models; beyond diversity to anti-racist activism.
<u>Racism and Violence: Using Your Power as a Parent to Support Children Aged Two to Five</u>	Caregiver guide	This brief online resource provides thoughts and guidelines for talking about the complex

<p>Source: Zero to Three</p>		<p>issues of racism and equality in age-appropriate ways with children aged two to five years of age</p>
<p>Racism and Violence: How to Help Kids Handle the News Source: Child Mind Institute</p>	<p>Caregiver guide</p>	<p>Brief online article offers tips such as check in, validate, address race and racism with kids early and often, use clear language, encourage questions, validate feelings; provides additional resource links.</p>
<p>Teaching Young Children About Race: A Guide for Parents and Teachers. Source: Social Justice Books, A Teaching for Change Project</p>	<p>Caregiver guide</p>	<p>Brief online article for caregivers and educators of young children; offers some of the ‘why’ and ‘how’ to have conversations, for healthy sense of self, improve critical thinking and to enhance relationships; provides additional resource links.</p>
<p>Breaking the Chain: Healing Racial Trauma in the Body Source: Kristin Moe for A Medium Corporation</p>	<p>Information about race and trauma</p>	<p>Interview (transcript) with trauma therapist and author of <i>My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies</i>, Resmaa Menakem. Article provides perspective about racism and its connection to trauma,</p>

		how trauma is stored in the body, and the concepts of inherited trauma and traumatic retention; from 5.14.20.
How to Support Black LGBTQ+ Youth Mental Health Source: Tia Dole for Advocate	Caregiver guide	This brief online article addresses how people who hold multiple marginalized identities may be experiencing additional anxiety and stress; covers what emotions people may be feeling, self-care strategies, and ways to support black and brown people.
Helping Parents Honor a Child's Diversity Source: C.A.S.E. National Training Initiative	Caregiver guide	Tips to help parents honor a child's diversity; 1 page document.
Racism and Violence: How to Help Kids Handle the News (English version) Racismo y violencia: cómo ayudar a los niños a sobrellevar las noticias (Spanish version) Source: Child Mind Institute	Caregiver guide	This brief online article provides information about how to support children during scary times including: validate their feelings, don't avoid talking about it, be clear, direct and factual, encourage questions, remain calm but don't hide emotions, use support system, keep conversation open, explore resources; links for additional resources included.

<p><u>These Books Can Help You Explain Racism and Protest to Your Kids</u> Source: The New York Times, Jessica Grose</p>	<p>Caregiver guide & Book suggestions</p>	<p>Brief online article dated 6/02/20 with some suggested language and concepts for talking with children about race and current protests and killings; includes some recommended books for kids, by age range</p>
<p><u>How to Talk to Your Children about Protests and Racism</u> Source: CNN, Sandee LaMotte</p>	<p>Caregiver guide</p>	<p>Brief online article dated 6/02/20, suggestions are offered based on child's age/developmental level; additional resource links embedded including book lists.</p>
<p><u>Here's How to Raise Race-Conscious Children</u> Source: Buzzfeed, Erin Winkler</p>	<p>Caregiver guide</p>	<p>This brief online article dated 6/11/17 addresses why we should and how to talk with children about complex things like systemic racism and societal inequity including: learning about and getting comfortable talking about race, ask questions, use fairness concept, empower, connect past with present and future, model behaviors, encourage complex and critical</p>

		thinking; additional resources provided.
How White Parents Can Talk to Their Kids About Race Source: Huff Post 6/2/2020	Caregiver guide	Age by age guide for white parents to address racism and privilege with their children
Your 5 Year-Old is Already Racially Biased Ten Tips for Talking to Kids About Race Source: EmbraceRace	Caregiver guide	Two articles for caregivers on understanding implicit racial attitudes in children and how to have age appropriate conversations. See also “Lets Raise a Generation of Children Who Are Thoughtful, Informed and Brave about Race” in Compilation of caregiver resource materials
5 Things to Know if You Love a Mixed-Race Kid Source: Sara-Momii Roberts for EmbraceRace	Caregiver guide	Article that includes insight regarding themes and experiences of multiracial children
Five Ways to Raise Inclusive Kids Despite Living In Segregated Neighborhoods Source: Brigitte Vittrup for EmbraceRace	Caregiver guide	Brief article for caregivers providing suggestions for how to encourage inclusive attitudes in children of all colors who live in and attend school in homogenous environments.
Beyond the Golden Rule: A Parent’s Guide to Preventing and Responding to Prejudice	Caregiver guide	This 31 page online book ‘...is designed to help you teach your children to honor the

<p>Source: Dana Williams for Teaching Tolerance</p>		<p>differences in themselves and in others — and to reject prejudice and intolerance.’; ‘Psychologists, educators and parenting experts offer practical, age-appropriate advice to help you integrate lessons of respect and tolerance in day-to-day activities. And a final section offers guidance for reflecting upon your own biases, and how those biases affect your parenting.’</p>
<p>Talking About Race & Racism Source: Joemy It-Gates and Wei Ming Dariotis for HOLT International</p>	<p>Caregiver guide</p>	<p>5 page article offers advice for talking about race and racism from birth through elementary school; includes scenarios and age-appropriate suggestions.</p>
<p>How to Talk to Kids About Race & Racism Source: Parent Toolkit</p>	<p>Caregiver guide</p>	<p>Brief online article from June 2019, featured experts collaborate to provide suggestions including talk about it; set the example; help child navigate their curiosity; make it relatable; be open about addressing mistakes; and be an advocate.</p>

<p>Antiracism for Kids: An Age by Age Guide for Fighting Hate Source: Katie Arnold-Ratliff for Parents.com</p>	<p>Caregiver guide</p>	<p>Brief online article updated June 2, 2020, utilizes experts to provide helpful considerations for caregivers parenting children from ages 0-teens.</p>
<p>Talking About Race online portal Source: National Museum of African American History and Culture</p>	<p>Compilation of caregiver resource materials</p>	<p>Online portal designed to help individuals, families, and communities talk about racism, racial identity and the way these forces shape every aspect of society; digital tools, online exercises, video instructions, scholarly articles and multi-media resources tailored for parents and caregivers, educators, and individuals committed to racial equality; access published research from leading experts, activists, historians, and thought leaders on race, equity, and inclusion</p>
<p>Justice in June Source: Autumn Gupta and Bryanna Wallace</p>	<p>Compilation of resource materials</p>	<p>This google document compilation of curated resources was created by Autumn Gupta and Bryanna Wallace and provides a starting place for individuals trying to become</p>

		<p>better allies. Provides suggestions and tools to help prevent becoming overwhelmed by the many possible learnings and actions one could take, offering calendars with selected resources for daily intentional progress.</p>
<p><u>Let's Raise a Generation of Children Who Are Thoughtful, Informed and Brave about Race</u> Source: Embrace Race</p>	<p>Compilation of caregiver resource materials</p>	<p>Website with a variety of resources including articles, webinars, action guides, stories, featured books and tips for reading; 'At EmbraceRace, we identify, organize – and, as needed, create – the tools, resources, discussion spaces, and networks we need to meet 4 goals: *Nurture resilience in children of color, *Nurture inclusive, empathetic children of all stripes, *Raise kids who think critically about racial inequity, *Support a movement of kid and adult racial justice advocates for all children'</p>

Your Kids Aren't Too Young to Talk About Race: Resource Roundup Source: Pretty Good	Compilation of caregiver resource materials	Website with a variety of resources including articles, podcast, and resource lists for adults and children
Transracial/Transcultural Resource Page Source: Oregon Post Adoption Resource Center	Compilation of caregiver resource materials	Website with a variety of articles and education for adults
See What We See book reviews Source: Social Justice Books, A Teaching For Change Project	Reference material	See What We See Coalition offers book reviews and ability to sort by rating, reading level, theme, title, and source.
Sources for book reviews and recommendations Source: Social Justice Books: A Teaching for Change Project	Reference material	This webpage provides assorted links to various blogs and websites on multicultural and social justice children's books.

Videos, Recorded Webinars, and Audio Resources		
Title	Length	Description
Talking to Kids About Racism, Episode 1 Source: Raising Equity Video	1 hr. 14 min.	For caregivers , this recorded ZOOM dialogue, available via YouTube and other platforms, is led by Dr. Kira Brown and offers multi perspectives about talking to kids about racism, utilizing a panel of parents who have expertise

		regarding historic and current issues of race and antiracism.
Talk About Race with Your Kids: My Parenting Mistake , Source: Raising Equity Video	6 min. 48 sec.	For caregivers , this clip, available via YouTube, discusses the importance of being willing as a caregiver to talk to children and young adults about race – and to listen to them – from a parent sharing an experience where her child wanted to talk about race.
Racism and Violence: How to Help Kids Handle the News from a Clinician Perspective Source: Child Mind Institute, featuring Kenya Hameed, PsyD & Jamie Howard, PhD Video	38 min. 20 sec.	For caregivers , this webinar, via Facebook, comes from clinicians via the Child Mind Institute on how parents can discuss protests over the violent deaths of black Americans in the US with children.
How White Parents Can Talk To Their Kids About Race Source: Michel Martin for NPR Audio	10 min.	For caregivers , this interview with professor and author of <i>Raising White Kids: Bringing Up Children in a Racially Unjust America</i> , Jennifer Harvey. Discussion of the importance of talking with children about racism, modeling language, and engaging in anti-racism rather than staying

		silent; written version included.
How A Mother Protects Her Black Teenage Son From The World Source: NPR Audio	7 min.	This recorded interview provides insight into one family’s perspective through interviews with a black male teenager, Shawn Richardson, and his mother, State Representative Ruth Richardson; written version included; from 6/03/20.
Foster parents discuss importance of culture in children’s lives Source: Minnesota DHS Video	3 min. 25 sec.	For caregivers , this YouTube video discusses the importance of diversity among children’s lives from a foster parent perspective.
Helping Your Child Cope With Media Coverage of Community Racial Trauma: Tips for Parents Source: Disaster and Community Crisis Center, University of Missouri Parents Video	3 min. 29 sec.	This animated video for caregivers discusses how media coverage of community racial trauma and civil unrest can cause children to experience fear, worry, sadness, confusion, and anger. Strategies to reduce stress from media coverage are provided; published 11/15/16.
Knowing Who You Are Video	6 min. 58 sec.	For caregivers and young adults , Video clip segment from YouTube, highlights perspectives of people who have been in

		foster care and who are part of the foster care system, ways in which being in the foster care system can impact racial and cultural identity development, sense of belonging, comfort with and knowledge of one's own identity, and general wellness.
Is My Skin Brown Because I Drank Chocolate Milk Source: Beverly Daniel Tatum Video	13 min. 24 sec.	For caregivers and those working with children, this Tedx Video addresses the impacts of racist dialogue and thinking with children.
I Love My Hair (English version) Source: Sesame Street Video	1 min. 58 sec.	Appropriate for even very young children, this short YouTube video clip features a character singing about loving her hair.
I Love My Hair (Spanish version) Source: Sesame Street Video	2 min. 32 sec.	Appropriate for even very young children, this short YouTube video clip features a positive song about hair, in Spanish.
Lupita Nyong'o Loves Her Skin Source: Sesame Street Video	1 min. 59 sec.	Appropriate for even very young children, this short YouTube video clip features a positive upbeat discussion about skin and the beauty of her dark brown skin.

<p>Talking to Kids About Racism Source: Raising Equity Video</p>	<p>1 hour 14 min.</p>	<p>For caregivers, hear from a panel of parents how to talk about racism.</p>
<p>Just Mercy Source: Warner Bro's Video</p>	<p>2 hr. 17 min.</p>	<p>This PG-13 rated movie (free to stream through June 2020) via the following: Apple TV, FandangoNow, Google Play, Amazon Prime Video, Redbox, Vudu, Microsoft, and YouTube</p>
<p>Race and Development through the Attachment Lens Source: Robyn Gobbel and Melanie Chung Sherman Recorded Webinar</p>	<p>1 hour 40 min.</p>	<p>For caregivers and those working with children, this recorded webinar discusses the importance of racial identity and the caregivers' role, particularly when the caregiver is White ***download for free using the coupon code: race</p>
<p>Transformational Texts: Using Children's Literature to Open Doors on Historical and Current Events Source: Anti-Defamation League (ADL) Recorded Webinar</p>	<p>1 hour</p>	<p>For caregivers, this recorded webinar explores the role that books lay in young children's lives. Learn about children's literature exploring historical events, current events and social justice.</p>
<p>Positive Identity Formation and Community Connectedness for Children & Youth in</p>	<p>1 hour 23 min</p>	<p>For caregivers, through this webinar, presented by a young adult with lived experience and by an</p>

<p>Transracial Placements Source: North American Council on Adoptable Children (NACAC) Recorded Webinar</p>		<p>adoptive parent – both in transracial adoptive families – parents, youth, and professionals will gain new understandings and strategies for supporting young people in transracial placements.</p>
<p>Talking Race with Young Children Source: NPR Podcast</p>	<p>20 min.</p>	<p>For caregivers, this podcast helps caregivers to understand and handle conversations about race, racism, diversity and inclusion, even with very young children.</p>
<p>Systemic Racism Explained Source: act.tv</p>	<p>4 min. 23 sec.</p>	<p>This animated video clip from April 2019 is available via YouTube explains systemic racism. Description: Systemic racism affects every area of life in the US. From incarceration rates to predatory loans, and trying to solve these problems requires changes in major parts of our system. Here's a closer look at what systemic racism is, and how we can solve it.</p>

Children's books read aloud on video		
Book, author	Length	Description
A Kids Book About Racism Author: Jelani Memory	3 min. 58 sec.	In this YouTube video, the children's author reads his book about racism. Described as best for ages 5-8 , a chicagoparent.com article summarizes: 'Using words and descriptions that kids will understand, the book teaches younger readers about what racism is and how it makes others feel. It's a good reminder for kids to stand up when they see others being hurt by words or actions.'
Something Happened in Our Town Authors: Marianne Celano, Marietta Collins, and Ann Hazzard	8 min. 50 sec.	In this YouTube video, the children's book written by is read aloud; This 32 page book for children ages 4-8 follows a White family and a Black family as they discuss a police shooting of an unarmed Black man. It is designed to engage young children in a compelling story as well as spark important discussions about racial bias and injustice. In addition to modeling conversations about race, this book provides messages of empowerment, appreciation of diversity, and positive community support; Note: some tips for reading aloud: https://www.apa.org/pubs/magination/pdf/441B228-read-aloud-tips.pdf
Not My Idea, A Book About Whiteness Author and artist: Anastasia Higginbotham	6 min. 22 sec.	Read aloud by Elizabeth Hale on YouTube, this 2018 book is a book described by chicagoparent.com as 'best for ages 6-10 ', with summary: '...a picture book about racism and racial justice, inviting white children and parents to become curious about racism, accept that it's real, and cultivate justice'; reading offers some moments to 'pause to discuss'.

Beyond these online resources, we welcome you to consider the following book lists and books (recommended by our Equity partners):

[10 Children's Books About Racism And Activism To Help Parents Educate Their Kids](#) Huffington Post

[31 Children's Books to Support Conversations on Race, Racism and Resistance](#) Embrace Race

[Sources for Book Reviews and Recommendations](#) and [Social Justice Books](#)

Books you can purchase or borrow for your home library		
Title	Author	Abstract
The ABCs of Diversity: Helping Kids (and Ourselves!) Embrace Our Differences	Carolyn B. Helsel & Y. Joy Harris-Smith	This book helps parents and teachers of children, youth, and young adults navigate conversations about differences so they can raise up individuals committed to respectful civic engagement.
All American Boys	Jason Reynolds & Brendan Kiely	In this New York Times bestselling novel, two teens—one black, one white—grapple with the repercussions of a single violent act that leaves their school, their community, and, ultimately, the country bitterly divided by racial tension. Teen and Young Adults.
Not My Idea: A Book About Whiteness	Anastasia Higginbotham	This 2018 book is a book described by chicagoparent.com as 'best for ages 6-10', with summary: '...a picture book about racism and racial justice, inviting white children and parents to become curious about racism, accept that it's real, and cultivate justice'; reading offers some moments to 'pause to discuss'.
Resist: 35 Profiles of	Veronica Chambers	Resist profiles men and women who resisted tyranny, fought the odds, and

<p>Ordinary People Who Rose Up Against Tyranny and Injustice</p>		<p>stood up to bullies that threatened to harm their communities. Along with their portraits and most memorable quotes, their stories will inspire you to speak out and rise up—every single day. Appropriate for Young Readers.</p>
<p>Stamped: Racism, Antiracism, and You</p>	<p>Jason Reynolds and Ibram X. Kendi</p>	<p>This remarkable reimagining of Dr. Ibram X. Kendi's National Book Award-winning <i>Stamped from the Beginning</i> reveals the history of racist ideas in America, and inspires hope for an antiracist future. It takes you on a race journey from then to now, shows you why we feel how we feel, and why the poison of racism lingers. It also proves that while racist ideas have always been easy to fabricate and distribute, they can also be discredited.</p>
<p>Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race</p>	<p>Beverly Daniel Tatum</p>	<p>Beverly Daniel Tatum, a renowned authority on the psychology of racism, argues that straight talk about our racial identities is essential if we are serious about enabling communication across racial and ethnic divides. These topics have only become more urgent as the national conversation about race is increasingly acrimonious. This fully revised edition is essential reading for anyone seeking to understand the dynamics of race in America.</p>

Helping children in our care see all children represented in books, movies and media is a powerful antiracism tool. It is important to see black characters in all aspects of life and not only books regarding civil rights movement, slavery, basketball players and musicians.

Books for Children		
Title	Author	Abstract
As Fast As Words Could Fly	Pamela M. Tuck	Genres: Historical fiction, Fiction, History, Juvenile works, Picture books for children; Reading level: Accelerated Reader 4.3.Reading Counts 4.1.
Brown Boy Brown Boy What Can You Be?	Ameshia Arthur	The 32-page picture book with its colorful and vivid illustrations follows a young brown boy named Matthew who asks himself a very simple but powerful question: “Brown Boy Brown Boy, what can you be?” Ages 5-6 years.
The Day You Begin	Jacqueline Woodson	There are many reasons to feel different. Maybe it's how you look or talk, or where you're from; maybe it's what you eat, or something just as random. It's not easy to take those first steps into a place where nobody really knows you yet, but somehow you do it. This book is also available in Spanish, as El Día En Que Descubres Quién Eres! Ages 5-8.
Each Kindness	Jacqueline Woodson	With its powerful anti-bullying message and striking art, it will resonate with readers long after they've put it down. Ages 5-8.
Hair Love	Matthew A. Cherry	This book highlights the relationship between a Black father and daughter. Hair Love is an ode to loving your natural hair -- and a celebration of daddies and daughters everywhere. Ages 4-8
Happy In Our Skin	Fran Manushkin	A wonderful celebration of being who you are. Ages 4-6.
Claudette Colvin Twice	Phillip Hoose	Based on extensive interviews with Claudette Colvin and many others, Phillip Hoose presents the first in-depth account of

Towards Justice		an important yet largely unknown civil rights figure, skillfully weaving her dramatic story into the fabric of the historic Montgomery bus boycott and court case that would change the course of American history. Teen and Young Adult Readers.
I Am Not A Number	Jenny Kay Dupuis and Kathy Kacer	Grades 3-5; Genres: American Indians, First Nations, Metis, Inuit ; Pages: 32
Let It Shine : Stories of Black Women Freedom Fighters	Andrea Davis Pinkney	Genres: African American women civil rights workers – Biography, African Americans -- Civil rights – History, Civil rights workers – Biography, United States -- Race relations; Pages: 107; Age range not specified.
Let's Talk About Race	Julius Lester	Noted in chicagoparents.com article, this is 'best for ages: 2-5'; summary: 'Good for all ages, the book explains that every person has a story to his or her life (birthday, favorite color, favorite time of day, how many brothers and sisters) and explains that race is part of that story. It reminds kids that race isn't all that we are, but only one part of the story.'
Little Leaders Bold Women In Black History	Vashti Harrison	Reading Level: Age: 8-12; Pages 87; Summary: Based on her popular Instagram posts, debut author/illustrator Vashti Harrison shares the stories of 40 bold African American women who shaped history.
Malcom Little The Boy Who Grew Up to Become Malcolm X	Ilyasah Shabazz	Together with acclaimed illustrator AG Ford, Ilyasah Shabazz gives us a unique glimpse into the childhood of her father, Malcolm X, with a lyrical story that carries a message that resonates still today—that we must all strive to live to our highest potential. Ages 6-10.
My Family Divided:	Diane Guerrero	Diane Guerrero, the star of Orange is the New Black and Jane the Virgin, presents her

One Girl's Journey of Home, Loss, and Hope		personal story in this middle-grade memoir about her parents' deportation and the nightmarish struggles of undocumented immigrants and their American children. Ages 10-14.
More More More Said the Baby	Ezra Jack Keats	Board book, ages 1-7 years.
My Hair Is A Garden	Cozbi A. Cabrera	After a day of being taunted by classmates about her unruly hair, Mackenzie can't take any more and she seeks guidance from her wise and comforting neighbor, Miss Tillie. Using the beautiful garden in the backyard as a metaphor, Miss Tillie shows Mackenzie that maintaining healthy hair is not a chore nor is it something to fear. Most importantly, Mackenzie learns that natural black hair is beautiful. Ages 5-7.
Ruby Bridges Goes to School: My True Story	Ruby Bridges	This is the true story of an extraordinary little girl who helped shape our country when she became the first African-American to attend an all-white school in New Orleans. With simple text and historical photographs, this easy reader explores an amazing moment in history and the courage of a young girl who stayed strong in the face of racism. Scholastic reader 2, ages 4-8.
Saturday	Oge Mora	In this warm and tender story by the Caldecott Honor-winning creator of Thank You, Omu!, join a mother and daughter on an up-and-down journey that reminds them of what's best about Saturdays: precious time together. Also see the book read aloud by the author here . Ages 3-5.
Separate Is Never Equal: Sylvia Méndez and Her Family's	Duncan Tonatiuh	"Younger children will be outraged by the injustice of the Mendez family story but pleased by its successful resolution. Older children will understand the importance of the 1947 ruling that desegregated California

Fight for Desegregation		schools, paving the way for Brown v. Board of Education seven years later.” --School Library Journal, starred review. Ages 6-9.
Shining Star: The Anna May Wong Story	Paula Yoo	The true story of Chinese American film star Anna May Wong, whose trail-blazing career in Hollywood in the 1930s and 1940s broke new ground for future generations of Asian American actors. Ages 6-9.
The Snowy Day	Ezra Jack Keats	The Snowy Day was the very first full-color picture book to feature a small black hero. Ages 2-5.
Something Happened In Our Town: A Child's Story About Racial Injustice	Marianne Celano, Marietta Collins, and Ann Hazzard	Pages: 32; Age range: 4-8; Summary: Book follows a White family and a Black family as they discuss a police shooting of an unarmed Black man. It is designed to engage young children in a compelling story as well as spark important discussions about racial bias and injustice. In addition to modeling conversations about race, this book provides messages of empowerment, appreciation of diversity, and positive community support; See also 'Children's books read aloud on video' section; Tips for reading aloud: https://www.apa.org/pubs/magination/pdf/441B228-read-aloud-tips.pdf
Voice Of Freedom Fannie Lou Hamer: The Spirit of the Civil Rights Movement	Carole Boston Weatherford	Stirring poems and stunning collage illustrations combine to celebrate the life of Fannie Lou Hamer, a champion of equal voting rights. Ages 10+
We Are Grateful : Otsaliheliga	Traci Sorell	The word otsaliheliga (oh-jah-LEE-hay-lee-gah) is used by members of the Cherokee Nation to express gratitude. Beginning in the fall with the new year and ending in summer, follow a full Cherokee year of celebrations and experiences. Written by a citizen of the

		Cherokee Nation, this look at one group of Native Americans is appended with a glossary and the complete Cherokee syllabary, originally created by Sequoyah. Ages 3-7.
When We Were Alone	David Robertson	Reading Level: Grade K, Grades 1-2; Genres: American Indians, First Nations, Metis, Inuit, Family ; Pages: 24
White Socks Only	Evelyn Coleman	In the segregated south, a young girl thinks that she can drink from a fountain marked "Whites Only" because she is wearing her white socks. Ages 4-8.
Young Water Protectors Young Water Protectors: A Story About Standing Rock	Aslan Tudor, Kelly Tudor and Jason Eaglespeaker	At the not-so-tender age of 8, Aslan arrived in North Dakota to help stop a pipeline. A few months later he returned - and saw the whole world watching. Read about his inspiring experiences in the Oceti Sakowin Camp at Standing Rock. Learn about what exactly happened there, and why. Be inspired by Aslan's story of the daily life of Standing Rock's young water protectors. Ages 9-12.
The Youngest Marcher	Cynthia Levinson	A the remarkable and inspiring story of one child's role in the Civil Rights Movement. Grades K- 5 th .

In addition, as a foster parent, relative caregiver, or adoptive parent, you also have access to free materials through the Oregon Post Adoption Resource Center (ORPARC) Lending Library. Here is a list of materials free for you to access by going to

<https://www.librarycat.org/lib/ORPARCLibrary/search/tag/Transracial-Cultural%20Diversity>:

Children's Materials:

A Handful of Buttons by Carmen Parets Luque

A Mother for Choco by Keiko Kasza

Coco and Olive: The Color of Love by Michelle Madrid-Branch

The Day You Begin by Jaqueline Woodson

Families are Different by Nina Pellegrini (International adoption)

I Am Enough by Grace Byers

I'm Brown and My Sister Isn't by Robbie O' Shea

Is that Your Sister?: A True Story of Adoption by Catherine Bunin

Jazzy's Quest: Adopted and Amazing by Carrie Goldman

Jazzy's Quest: What Matters Most by Carrie Goldman

Kinda Like Brothers by Coe Booth

One Dad, Two Dads, Brown Dad, Blue Dad by Johnny Valentine

Red in the Flower Bed: an Illustrated Children's Story about Interracial Adoption by Andrea Nepa

The Road to Paris by Nikki Grimes (age 10+)

The Skin You Live In by Michael Tyler

We're Different, We're the Same (Sesame Street) by Bobbi Kates

Why Am I Different by Norma Simon

Materials for Parents on Transracial/Cultural Diversity:

In Their Parents' Voices: Reflections on Raising Transracial Adoptees by Rita J. Simon

In Their Siblings' Voices: White Non-Adopted Siblings Talk about Their Experiences Being Raised with Black and Biracial Brothers and Sisters by Rita J. Simon

Raising Multiracial Children: Tools for Nurturing Identity in a Racialized World by Farzana Nayani

Multiracial Cultural Attunement by Kelly Faye Jackson and Gina Miranda Samuels

Raising Biracial Children by Kerry Ann Rockquemore and Tracey Laszloffy
Culturally Competent Parenting (DVD)

Race and Development: Featuring Melanie Chung Sherman, LCSW (DVD/CD)

Exceptional Hair (DVD)

What My White Parents Didn't Know and Why I'm Ok in Spite of It (CD)

Knowing Who You Are: Helping Youth in Care Develop Their Racial and Ethnic Identity (DVD)

Adoption and Ethics: The Role of Race, Culture, and National Origin in Adoption by Madelyn Freundlich

White Parents, Black Children; Experiencing Transracial Adoption by Darron T. Smith

Black Anthology: Adult Adoptees Claim Their Space by Dian Rene Christian

The Harris Narratives: An Introspective Study of a Transracial Adoptee by Susan Harris O'Connor

Growing Up Black In White by Kevin D. Hofmann

Race Matters by Cornel West

In Their Voices: Black Americans on Transracial Adoption by Rhonda M. Roorda

Parenting in Transracial Adoption: Real Questions and Real Answers by Jane Hoyt-Oliver

Why are all the Black Kids Sitting Together in the Cafeteria? And Other Conversations about Race by Beverly Daniel Tatum

The Heart Knows Something Different: Teenage Voices from the Foster Care System by Youth Communication

How Culture Shapes Social-Emotional Development: Implications for Practice in Infant-Family Programs by Monimalika Day

I Wonder...Teenagers Talking About Being Adopted (DVD)

Adopted (DVD)

Weaving a Family: Untangling Race and Adoption by Barbara Katz Rothman

Tribal Customary Adoption: Achieving Culturally Appropriate Permanency for American Indian Children (CD)

Raising a Child of a Different Race or Background (CD)

Struggle for Identity: Issues in Transracial Adoption (DVD)

Rabbit-Proof Fence (DVD)

Raising Healthy Multiracial Adoptive Families: A Question and Answer Guide for Adoptive Parents by Harriet Fancott

ORPARC Transracial Parenting Information Packet (in the process of being updated)

Our Native American Child: a Guide for those who Adopt and their Supporters by Carolyn Flanders McPherson

Of Many Colors: Portraits of Multiracial Families by Gigi Kaeser

Making Cultural Connections: Hair and Skin Care for Children of African Descent by Jeanne M. Costa

Loving Across the Color Line: a White Adoptive Mother Learns about Race
by Sharon Rush

Living on the Fault Line: Where Race and Family Meet (DVD)

Keeping it Real (DVD)

Inside Transracial Adoption: Strength-Based, Culture-Sensitizing Parenting
Strategies for Inter-country or Domestic Adoptive Families that Don't Match
by Gail Steinberg

In Their Own Voices: Transracial Adoptees Share Their Stories by Rita
Simon

Gift Children: A Story of Race, Family, and Adoption in a Divided America
by J. Douglas Bates

Does Anybody Else Look Like Me? A Parent's Guide to Raising Multiracial
Children by Donna J. Nakazawa

Different and Wonderful: Raising Black Children in a Race Conscious
Society by Darlene Hopson

Birth Marks: Transracial Adoption in Contemporary America by Sandra
Patton

The Adoption Reader: Birth Mothers, Adoptive Mothers, and Adopted
Daughters Tell Their Stories by Wadia-Ellis

Secret Thoughts of an Adoptive Mother by Jana Wolff

African-American and Biracial Hair Care: A Parent's Practical Guide to
Managing Hair Care-for Adoptive and Foster Parents (DVD)

Viva la adopción!: A Guide to Adoption for Hispanic Christians and Their
Congregations by Carolyn Flanders McPherson

Transracial Support Groups: Gaining Cultural Confidence through
Community Connections (CD)

A Single Square Picture: A Korean Adoptee's Search for Roots by Katy
Robinson

Understanding Race, Ethnicity, and Power: The Key to Efficacy in Clinical
Practice by Elaine Pinderhughes

Transracial Adoptive Parenting: A Black/White Community Issue by Leora Neal and Al Stumph

Transracial Adoption and Foster Care: Practice Issues for Professionals by Joseph Crumbley

The Special Needs of Minority Children Adopted Transracially by Joseph Crumbley (DVD)

Parenting Tasks in Transracial Adoption by Joseph Crumbley (DVD)

Impact of Transracial Adoptions on the Adopted Child and Adoptive Family by Joseph Crumbley (DVD)

Empowering the Black Family: a Roundtable Discussion by Sylvia Sims Gray

Assessing a Family's Ability to Adopt Transracially by Joseph Crumbley (DVD)

With Eyes Wide Open: A Workbook for Parents Adopting International Children Over Age One by Margi Miller

Keepers of the Children: Native American Wisdom and Parenting by Laura M. Ramirez

Black Baby White Hands: A View from the Crib by Jaiya John

Daddy and Papa: a Story About Gay Fathers in America by Johnny Symons (DVD)

Dim Sum, Bagels, and Grits: A Sourcebook for Multicultural Families by Myra Alperson

Cross-Cultural Adoption: How to Answer Questions from Family, Friends, and Community by Amy Coughlin

I'm Chocolate, You're Vanilla: Raising Healthy Black and Biracial Children in a Race Conscious World by Marguerite Wright