

A note for adults reading this book

This book is a starting point for discussing race, racism and empowerment. These conversations are vital. Being anti-racist is essential.

Here are some things you could do to help support young children to tackle racism:



- Make a list of behaviours that are unacceptable. This could be added to a list of family values or school values.
- Reflect on your own biases and past behaviour. We need to reflect on the past in order to move forward.
- Help your child to develop good self-esteem. This will not stop racism, but it will help them be proud of their identity. Try using daily affirmation cards, with messages like "Your skin is beautiful" and "You are special".
- Have a range of toys, including dolls and action figures of different races and cultures. Observe your child as they play. Are they including Black and Asian dolls in their play, for example? If not, pick one up and join in.
- Discuss and share, where appropriate, injustices that have happened in the world.
- Never dismiss your child's experiences of racism, whether they are on the receiving end or a witness. Telling them not to worry or to ignore bullies is not helpful. Help them understand that it is not their fault, and encourage them to explore their feelings using words.