

These Excerpts are taken from [Raising Anti-Racist Kids](#): An age by age guide for parents of white children

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[Website](#)

Toddlers

- Toddlers do notice race and want to make sense of what they see.
- Naming skin tone, as well as introducing the racial categories our society uses, helps toddlers label their worlds.
- We can fight the idea that whiteness is normal or standard by making sure that our children's books and toys include children of many different races, acting in non-stereotypical ways.
- Childcare centers and playgroups that provide toddlers plenty of chances to develop cross-racial friendships are crucial.

Preschool Age Kids

- When young children make biased remarks or ask questions about race, it's important to ask for their thoughts first.
- As parents, we should set firm limits for children that it's not okay to reject someone based on their identity.
- Shaming children for saying something racist can make them defensive, hampering our efforts to raise antiracist kids.
- Preschool age children can learn the names for races that our culture uses, showing them that there's nothing wrong with talking about race.
- With preschool age children, our talk about racism makes the most sense when we stay focused on the present day. Vague statements about treating everyone fairly won't help young children understand how to spot racism or speak up against it.
- White children need opportunities that help them become resilient in the face of racial stress, such as not being in the racial majority all the time.
- As white children learn about the realities of racism, it's not uncommon for them to say they're glad they're white. As parents we can share how we want people of color to feel safe in the same ways that we already do as white people.

Elementary Age

- The early elementary years may be an important developmental window in which cross-racial friendships have the greatest impact.
- Kids need to know that race is not biologically real, but that it is socially a real concept.
- As parents, we can make sure our children learn complex versions of history that they may not learn in school.
- Speaking up about racist remarks made by family or friends takes courage but is essential modeling for our children.
- Kids need to know that “racist” is a descriptive term of particular ideas, actions, and policies that harm people of color, not a slur that implies someone is beyond the ability to change.
- Metaphors like the moving walkway help kids understand why we must take action to undo systemic racism.

Middle School Years

- White kids’ peers of color are becoming more aware of how racism impacts them in their teen years. We can help our teens be good friends by teaching them not to be defensive of themselves or others when racism is called out.
- Middle school age children often get basic factual information about race and racism wrong. We must be direct to confront the stereotypes they are absorbing.
- We must use specific strategies to keep white teens from feeling neither superior because of their race, nor feeling that being white can only equal being racist.
- Middle schoolers are at an age when they can start to understand the systemic aspects of racism.
- Educational tracking intensifies in middle school. It’s important for parents to address and interrupt the racist stereotypes kids may be absorbing from tracking.
- We can practice antiracist media literacy with our kids as we watch movie trailers and look at ads and magazines.
- White kids who want to do something about racism can be prone to white saviorism, so it’s important early on to identify what this is.

