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**The Source for Learning, Inc.**

**Promoting Healthy Racial/Cultural Identity in/for Minority Children: Advancing Equity and Inclusion in Early Childhood Education**

Webinar 2 of the 4-part series.

**WHAT'S THE DIFFERENCE? Culturally Responsive Teaching & Learning in Early Childhood Education**

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**Our Presenter**

**Diana Bermudez**  
Ph.D., LPC

Licensed Professional Counselor and Early Childhood Mental Health Consultant

Amare Counseling and Education



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**Assisting today's presenter**



**KAMNA SETH**  
Webinar Facilitator  
Senior Director  
ECE Initiatives  
The Source for Learning



**CARRIE SCRUGGS**  
Webinar Support  
ECE Consultant  
ECE Initiatives  
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### Objectives

- Understand** the importance of developing a positive cultural/racial identity for emotional wellbeing in minority children.
- Reflect** on how the early childhood educator's cultural/racial identity and implicit bias affect relationships with minority young children and their families and the delivery of services.
- Identify** strategies and resources for promoting healthy cultural/racial identity, towards preventing discrimination and enhancing equity and inclusion in early childhood education practices.

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### Importance of Cultural Identity of Minority Children

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### What is Cultural Identity?

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### What is Race?

A power construct of difference that lives socially.

Kendi, 2019

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### Negative Cultural/Racial Identity

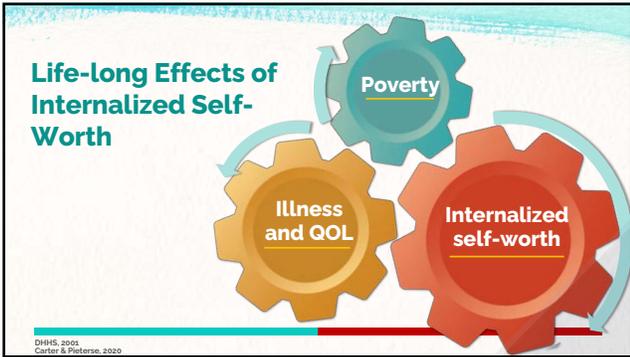
DHHS, 2001 Schmader et al. 2008

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### Negative Multiracial Identity

Nayani, 2020

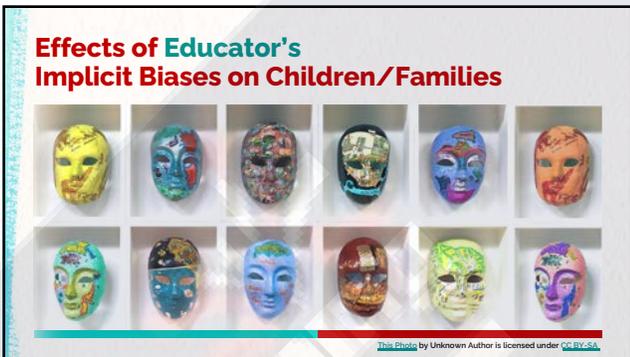
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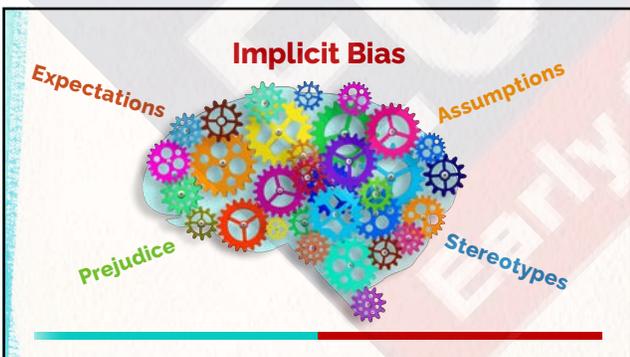
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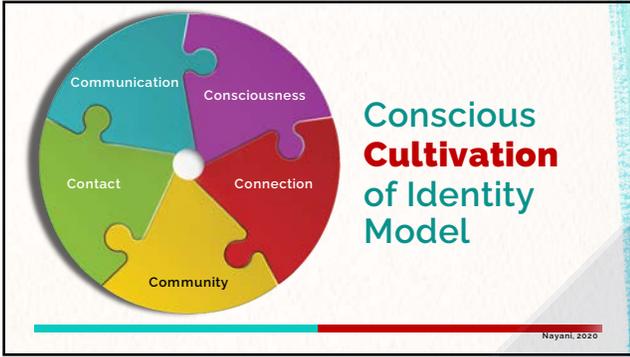
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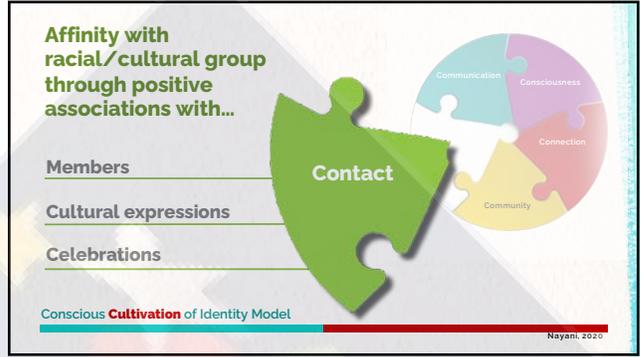
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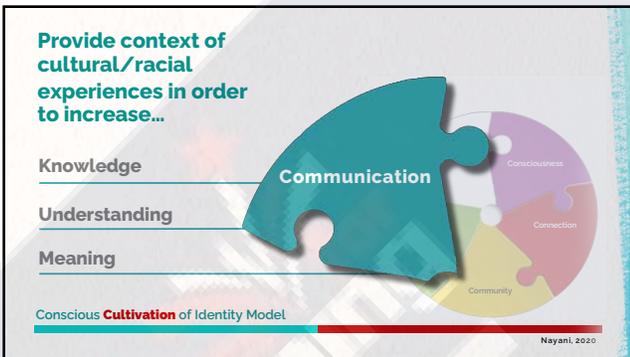
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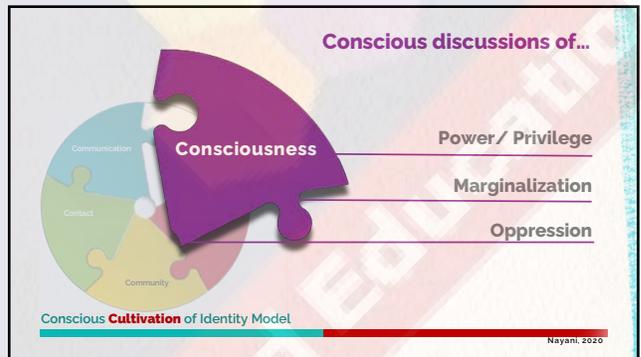
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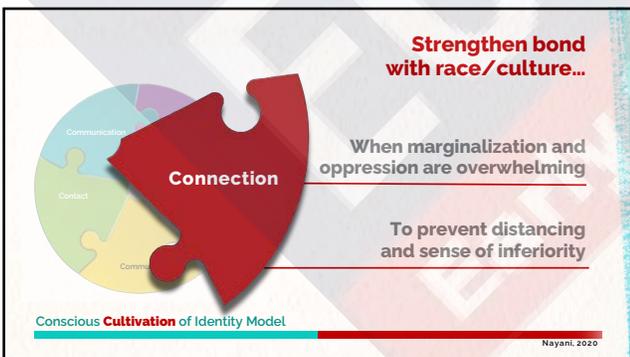
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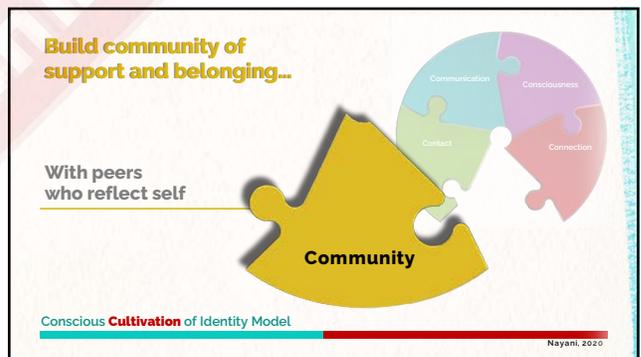
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### Teaching **Healthy** Identity

Opportunities to **identify** self with group:

- Books, posters, videos, community members, etc.
- Provide appropriate words

(See resources for children)



Perry, LaTasha. Skin Like Mine. G Publishing, 2016

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### Teaching **Healthy** Identity

Projects to depict self with **multicultural** materials

- Enjoy cultural art, dance, music, stories, etc.
- Highlight uniqueness and commonalities



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### Teaching **Healthy** Identity

Enhance racial/cultural **pride** and familiarity with other groups, through...

- Show and tell
- Games/toys
- Holidays/festivals
- Role model guests
- Field trips

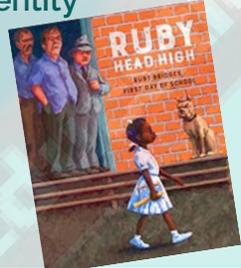


Oz, Shola. I Am Whole. Nielsen, 2020

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### Teaching **Healthy** Identity

- Study inspirational leaders and their support networks
- Introduce fairness, inclusion, and equal access
- Explicitly welcome/engage minority family members



Cohen-Janca, Irene. Ruby Head High: Ruby Bridges First Day of School. Creative Editions, 2019.

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**This journey goes on...**



**See resources**  
Zero to Three articles

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#### Resources

**They Are Not Too Young.**  
<http://www.childrenscommunityschool.org/wp-content/uploads/2018/02/theyre-not-too-young-1.pdf>

**Implicit Teacher Bias: Walter Gillian.**  
<https://youtube.com/8bo1hKk4xRE>

**Nayani, F. Raising Multicultural Children. Tools for Nurturing Identity in a Racialized World. North Atlantic Books, 2020.**

**Resources That Explore Identity for Multicultural or Mixed-Race Families.**  
<https://socialworklicensemap.com/blog/resources-explore-multicultural-identity-mixed-race-families/>

**American Academy of Pediatrics. 2019. The Impact of Racism on Child and Adolescent Health.**  
<https://pediatricsaapublications.org/content/144/2/e2019176>

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**Resources**

Carter, Robert T., and Alex L. Pieterse. Measuring the Effects of Racism: Guidelines for the Assessment and Treatment of Race-Based Traumatic Stress Injury. Columbia University Press, 2020.

Who Is Being Expelled from Preschools and Why? <https://youtu.be/ECqA0gBwJxY>

Schmader, T. Johns, M. & Forbes, C. An integrated process of stereotype threat effects on performance. Psychological Review, 115(2), 336-356. 2008.

Office of the Surgeon General (US); Center for Mental Health Services (US); National Institute of Mental Health (US). Mental Health: Culture, Race, and Ethnicity: A Supplement to Mental Health: A Report of the Surgeon General. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 2001 Aug. PMID: 20669516.

Kendi, Ibram X. How to Be an Antiracist. One World, 2019.

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**Resources**



Supporting Individual and community Identity development in infant-toddler classrooms. A. Johnson and S. Peterson. 2019. <https://www.zerotothree.org/resources/3370-supporting-individual-and-community-identity-development-in-infant-toddler-classrooms>

The ABCs of Diversity and Inclusion: Developing an Inclusive Environment in Early Childhood Education. R.L. Frost and A.E. Goldberg. 2019. <https://www.zerotothree.org/resources/3361-the-abc-of-diversity-and-inclusion-developing-an-inclusive-environment-for-diverse-families-in-early-childhood-education>

Practicing Inclusion, Doing Justice. Disability, Identity, and Belonging in Early Childhood. M. Beneke, J.R. Newton, M. Vinh, S.B. Blanchard, and P. Kemp. 2019. <https://www.zerotothree.org/resources/3371-practicing-inclusion-doing-justice-disability-identity-and-belonging-in-early-childhood>

<https://www.ftv.org/new-research-examines-the-lifelong-impact-of-racism-on-child-development/>

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**RESOURCES for Children**

-  Great Diverse Books to Engage Students on Bullying and Bias. Welcoming Schools. <https://www.welcomingschools.org/pages/books-to-engage-students-on-bullying/>
-  Ballard, Jamie. "18 Children's Books to Help You Talk About Race and Racism With Kids." Woman's Day, Woman's Day, 4 June 2020. [www.womansday.com/life/entertainment/g32748133/childrens-books-race-racism/](http://www.womansday.com/life/entertainment/g32748133/childrens-books-race-racism/)
-  Allen, Autumn, et al. "20 Picture Books for 2020: Readings to Embrace Race, Provide Solace & Do Good." EmbraceRace, 2020. [www.embracerace.org/resources/20-picture-books-for-2020](http://www.embracerace.org/resources/20-picture-books-for-2020)
-  Sesame Street: Common and Colbie Caillat - "Belly Breathe" with Elmo (2012) [https://youtu.be/\\_m2b2D0y1A](https://youtu.be/_m2b2D0y1A)
-  ToddWorld: It's OK to Be You (2006). An animation based on Todd Parr's work. <https://youtu.be/1dgt1eU1q3U>

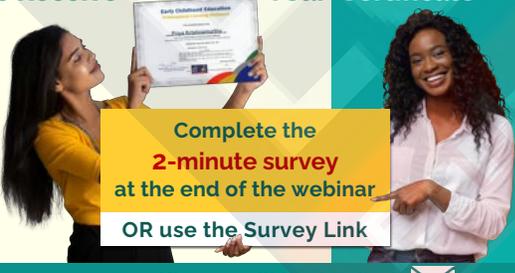
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**RESOURCES for Children**

-  Oz, Shola I Am Whole: A Multiracial Children's Book Celebrating Diversity, Language, race and Culture. Nielsen, 2020
-  Perry, LaTashia. Skin Like Mine. G Publishing, 2016.
-  Cohen-Janca, Irene. Ruby Head High: Ruby Bridges First Day of School. Creative Editions, 2019.
-  Sesame Street in Communities (Resources, Strategies, and Support for Community Providers) - <https://sesamestreetincommunities.org/>
-  FEATURE FILMS: Hotel Transylvania 1, 2, & 3 from Sony Pictures Animation
-  FILM: Ruby Bridges (1997) - Disney

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