



5 Books to Help You Talk With Your Toddler About Race and Difference

It's never too early to start talking about race with your children. In fact, kids start to recognize race-based differences as early as six months old. Engaging in conversations about race and diversity with your children as soon as possible can help reduce discrimination and other harms linked to physical differences.

While we can't expect toddlers to fully grasp such a complex topic, we can teach them to acknowledge and celebrate people's racial differences. These five books are a great starting place:

Antiracist Baby by Ibram X. Kendi and Ashley Lukashevsky

Antiracist Baby is a fun and thoughtful 9x9 picture book that introduces toddlers to the concept and power of antiracism. This book provides the language necessary to begin critical conversations at the earliest age.

<https://www.youtube.com/watch?v=hr1JBPHfBHY>

We're Different, We're the Same by Bobbi Jane Kates

The Sesame Street gang gathers in this book to notice and enjoy how all their features are different and, at the same time, the same. They all have different eyes, mouths, noses and skin, but while their features are aesthetically different, they all serve the same purpose.

<https://www.youtube.com/watch?v=hUrjb4SZnxg&feature=youtu.be>

The Snowy Day by Ezra Jack Keats

First published in 1962, The Snowy Day is a classic children's picture book that follows Peter, a young Black boy, as he explores his neighborhood after the season's first snowfall. This book can help show your toddler that despite physical differences, all people share similar feelings and that all people are equally human.

<https://www.youtube.com/watch?v=FmZCQfeWjeQ>



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We are Little Feminists: Hair by Little Feminist

This inclusive board book shows photos of real people with a variety of hair textures and colors — curly, straight, thick, fine, black, brown, red, blond, and no hair at all. Though the focus is on hair, the book does a great job depicting kids from all different backgrounds, with different ages, shapes and skin tones.

More, More, More, Said the Baby by Vera B. Williams

More, More, More, Said the Baby tells three short stories featuring three different toddlers and their diverse, loving families. The book's simple storylines and catchy wording are perfect for getting your little one involved in acting out the plot with you as you read.

<https://www.youtube.com/watch?v=LHOnPnB5t-8>

Note that none of these books will teach your child about race and difference on their own — it's up to you to lead the conversation, and to keep it going.

Take a breath, care for yourself first!

Take time to care for yourself and process your thoughts and feelings. In order to support your child and be there for them the best you can, you need to start with yourself. Call your support network, or find a support network. You are not alone.

