

RESOURCE REPOSITORY FOR PARENTS AND CAREGIVERS

The American Academy of Pediatrics (AAP) Bright Futures National Center created this resource list to help you and your child, family, and community. This list deals with topics around racism, diversity, equity, and inclusion, as well as mental health. We hope these resources help you talk with children about race and racism. This list includes resources from [HealthyChildren.org](https://www.healthychildren.org), the AAP parenting website, and from other reliable sources.

Please note: This is not meant to be a complete list of resources.

HEALTHYCHILDREN.ORG – PARENT AND CAREGIVER ARTICLES

We can't do this work alone. It calls for many people working together and who are dedicated to the well-being of children. The AAP developed this list by working with partners, all with parents and caregivers in mind.

Tool/Resource	Description of Article	Best for	Source/Link
Team Up With Your Child's Doctor for the Best Care	Offers tips for how you can work with your child's health care team for the best care	All Age Groups	Team Up With Your Child's Doctor for the Best Care. HealthyChildren.org. Updated October 14, 2022. Accessed April 24, 2022. https://www.healthychildren.org/English/family-life/health-management/Pages/Team-Up-with-Your-Childs-Doctor.aspx
Talking to Children About Racism: The Time is Now	Offers tips for how you can talk to your children about racism in ways they can understand	All Age Groups	Talking to Children About Racism: The Time is Now. HealthyChildren.org. Updated January 7, 2020. Accessed April 24, 2022. https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-about-Racism.aspx
Using Books to Talk With Kids About Race and Racism	Reviews how you use books to talk with your child about race and racism	All Age Groups	Using Books to Talk With Kids About Race and Racism. HealthyChildren.org. Updated January 14, 2022. Accessed April 24, 2022. https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/using-books-to-talk-with-kids-about-race-and-racism.aspx



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Tool/Resource	Description of Article	Best for	Source/Link
Recommended Reading: Diverse & Inclusive Books For Children	Includes a diverse and inclusive booklist	Birth to 5 Years	Recommended Reading: Diverse & Inclusive Books For Children. HealthyChildren.org. Updated January 14, 2022. Accessed April 24, 2022. https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Diverse-and-Inclusive-Books-for-Children.aspx

ADDITIONAL PARENT AND CAREGIVER RESOURCES AND TOOLS

Speak positively with your children about interracial friendships. You can show them how this works with your own diverse group of friends and colleagues. Parents and caregivers can play a very important role in reducing racial prejudice and race-based exclusion among peers in children.

Tool/Resource	Description of Article	Best for	Source/Link
American Psychological Association (APA) Racial Stress and Self-care: Parent Tip Tool	A tip sheet for you to talk with your child about race and ethnicity; it covers the importance of having these talks and how you can do it at every age	All Age Groups	Racial Stress and Self-care: Parent Tip Tool. American Psychological Association. Published October 2019. Accessed April 24, 2022. https://www.apa.org/res/parent-resources/racial-stress
EmbraceRace	A nonprofit organization that has resources to help you teach your child about race	All Age Groups	EmbraceRace. Accessed April 24, 2022. https://www.embracerace.org/
PBS KIDS for Parents: Talking to Young Children About Race and Racism	Tips and resources to help you talk with your young children about race, racism, and being anti-racist	Young Children	PBS KIDS for Parents Talking to Young Children About Race and Racism. Accessed April 24, 2022. https://www.pbs.org/parents/talking-about-racism
Raising Race Conscious Children	A list of children's books with diverse casts that talk about race and diversity	Young Children	Raising Race Conscious Children. Accessed April 24, 2022. https://raceconscious.org/
Asian Mental Health Collective	An online national directory of Asian and Asian American mental health providers	All Age Groups	Asian Mental Health Collective. Accessed April 24, 2022. https://www.asianmhc.org
Indian Health Service (IHS) Find Health Care	The Department of Health and Human Services' IHS national provider locator	All Age Groups	Find Health Care. Indian Health Service. April 24, 2022. https://www.ihs.gov/findhealthcare/
Support Embrace Empower Mental health Advocacy (SEEMA)	A national directory of Muslim mental health providers	All Age Groups	Support Embrace Empower Mental health Advocacy. SEEMA. April 24, 2022. https://seemamentalhealth.com

Tool/Resource	Description of Article	Best for	Source/Link
Therapy for Black Girls	An online national database of African American women mental health providers	Adolescents	Therapy for Black Girls. Accessed April 24, 2022. https://therapyforblackgirls.com
Therapy for Black Men	An online national database of African American mental health providers who specialize in mental health concerns for African American boys and men	Adolescents	Therapy for Black Men. Accessed April 24, 2022. https://therapyforblackmen.org
Therapy for Latinx	A national directory of Latinx mental health providers	Adolescents	Therapy for Latinx. Accessed April 24, 2022. https://www.therapyforlatinx.com
We R Native: For Native Youth, By Native Youth	A website by Native American youth with information and resources about many topics, including culture, physical health, and mental health	Adolescents	We R Native: For Native Youth, By Native Youth. April 24, 2022. https://www.wernative.org/

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