

# Session 4: Supporting Each Other in our Anti-Racist Parenting Journeys



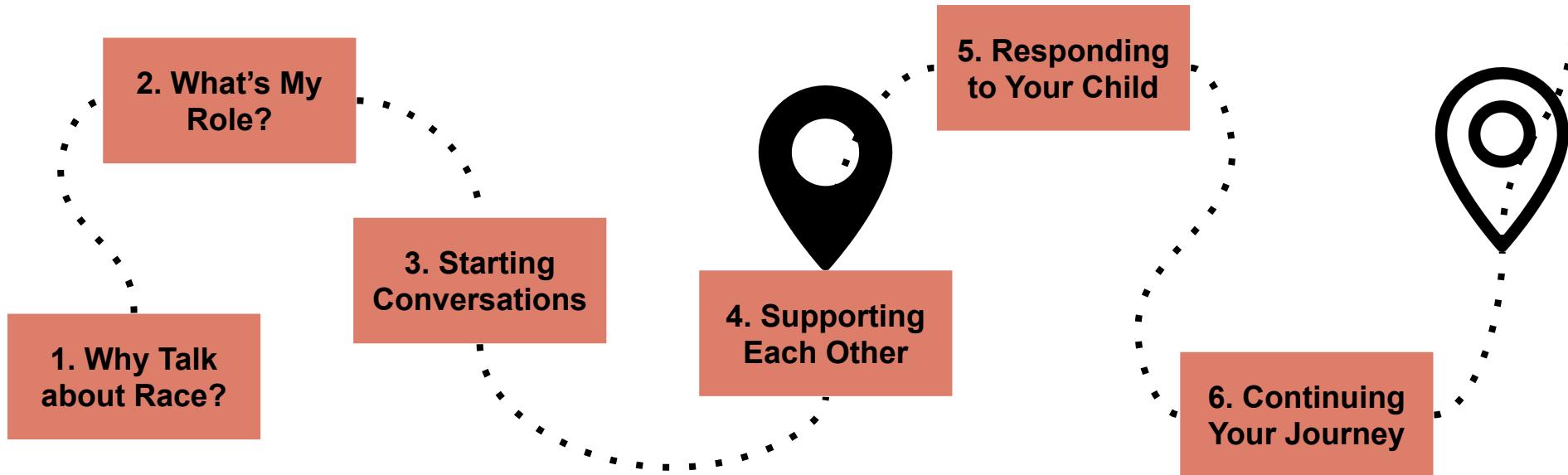
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# Our Anti-Racist Parenting Journey



# Where we've been...



- Developed skills to persist in conversations
- Practiced developmentally appropriate, effective ways to have these conversations
- Even had some conversations with our own kids!

# Where we're going...



Session 4

By the end of the session, you will...

- **Problem solve** to overcome challenges in having anti-racist conversations
- **Support each other** as you continue this journey towards anti-racist parenting

# Group Agreements

1. Listen without judgement: We will have mutual respect for multiple ways of knowing and acting in the world.
2. Create a safe space for learning and uncomfortable growth: tolerance for different levels of experience
3. We will use “I” statements and speak from personal experience.
4. We will all take responsibility for our impact.
5. Step up, and step back.

**Check In: Give me three words that describe how you're feeling.**

# Mindful Listening



# For this week's At Home Practice:

- What activity did you choose?
- How did it go?
- How did it feel?

Describe something that was challenging when having conversations with your kids this past week.



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# Parents Helping Parents

1. One volunteer shares a “newspaper headline” of their challenge.
2. Volunteer describes the challenge as it occurred.
3. Other members of the group brainstorm ideas of how to handle the situation.
4. Volunteer chooses a suggestion to try; makes commitment to try it next time.

# Share out a “headline”

- Feels stressed when R says she is “pretending to have brown skin”

# Describe the scenario

- M and R discussing skin color together, describing skin colors of people from school
- R says that she “has brown skin” and upon clarification says “I am just pretending to have brown skin”
- M starts discussion of why skin color matters and how not everyone is treated fairly because of their skin color
  - A long time ago white people were in charge of brown people’s bodies and they didn’t treat them very well. And we are still trying to fix that
- Felt stressed about saying the right thing and wanted to maximize this opportunity to discuss power and privilege; worried that she did not get the takeaway

# Brainstorm solutions

# Try a New Way

# Debrief

- 1) Why did you choose a particular intervention/strategy?
- 2) What are the connections between the strategies you identified and previous sessions?
- 3) What is a commitment you can make to yourself to incorporate these into your practice this upcoming week?

# Recap



Today you...

- **Problem solved to** overcome challenges in having anti-racist conversations
- **Supported each other** as you continue on this anti-racist parenting journey

# Dive Deeper

## Homework:

1. Select and complete Toolkit Activity.
2. Write a reflection about how it went.

## Resources:

See your handbook for additional information about the topics and content covered today!