

# Helping Children Respond and Cope: NBCDI Resources

*The National Black Child Development Institute is committed to ensuring that parents, caregivers, educators, child care programs and advocates have access to the resources they need to support families and children during times of tragedy, crisis and uncertainty. Black communities every day are faced with violence, insecurity, unemployment and racism. Daily we are bombarded with images of stress, hardship, and crime. Even if our children do not say it, they are affected by the world around them through the things they hear and the images they see. NBCDI compiled the resources below to help provide families in Black communities with the information and resources they need to comfort their children.*

## Crisis

- An Activity Book for African American Families: Helping Children Cope with Crisis
  - [https://www.nbcdi.org/sites/default/files/resource-files/Activity Book for African American Families - Helping Children Cope with Crisis\\_0.pdf](https://www.nbcdi.org/sites/default/files/resource-files/Activity%20Book%20for%20African%20American%20Families%20-%20Helping%20Children%20Cope%20with%20Crisis_0.pdf)
- Helping Children Cope: Tips for Parents and Caregivers
  - <https://www.schoolcounselor.org/asca/media/asca/Crisis/HelpforCaregivers.pdf>
- Helping Children Through Crisis: 10 Tips for Parents and Caregivers
  - [https://www.aliefisd.net/site/handlers/filedownload.ashx?moduleinstanceid=30568&dataid=47702&FileName=Helping children through crisis.pdf](https://www.aliefisd.net/site/handlers/filedownload.ashx?moduleinstanceid=30568&dataid=47702&FileName=Helping%20children%20through%20crisis.pdf)
- Providing Psychosocial Support to Children and Families in the Aftermath of Disasters and Crises
  - <https://www.schoolcrisiscenter.org/wp-content/uploads/2017/04/Providing-psychosocial-support-to-children-and-families.pdf>
- When Bad Things Happen
  - <https://www.gse.harvard.edu/news/uk/15/04/when-bad-things-happen>

## Race/Racism/Prejudice

- I Won't Let Racism Rob My Black Child of Joy
  - <https://time.com/5586869/black-children-joy/>
- Beyond the Golden Rule A Parent's Guide to Preventing and Responding to Prejudice
  - [https://www.tolerance.org/sites/default/files/general/beyond\\_golden\\_rule.pdf](https://www.tolerance.org/sites/default/files/general/beyond_golden_rule.pdf)
- How to Talk to your Children About Protests and Racism
  - <https://www.cnn.com/2020/06/01/health/protests-racism-talk-to-children-wellness/index.html>
- Talking to Children After Racial Incidents
  - <https://www.gse.upenn.edu/news/talking-children-after-racial-incidents>
- George Floyd. Ahmaud Arbery. Breonna Taylor. What Do We Tell Our Children?
  - <https://www.usatoday.com/story/news/nation/2020/05/31/how-talk-kids-racism-racial-violence-police-brutality/5288065002/>
- The Impact of Racism on Child and Adolescent Health
  - <http://www.mnaap.org/wp-lib/wp-content/uploads/2020/01/AAP-Impact-of-Racism-on-Child-and-Adolescent-Health-7.2019.pdf>
- Racism and Violence: Using Your Power as a Parent to Support Children Aged Two to Five
  - <https://www.zerotothree.org/resources/1598-racism-and-violence-using-your-power-as-a-parent-to-support-children-aged-two-to-five>
- How to Talk to Kids about Race and Racism
  - <https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/how-to-talk-to-kids-about-race-and-racism>
- 100 Race-Conscious Things You Can Say to Your Child to Advance Racial Justice

- <https://www.raceconscious.org/2016/06/100-race-conscious-things-to-say-to-your-child-to-advance-racial-justice/>
- Supporting Kids of Color Amid Racialized Violence
  - <https://medium.com/@melissagiraud/how-to-support-kids-of-color-amid-racialized-violence-8bfe17cfb0c0>
- Eight Ways to Help your Child Deal with Racial Discrimination
  - <https://www.theglobeandmail.com/life/parenting/seven-ways-to-help-your-child-deal-with-racial-discrimination/article31131530/>
- Six Ways to Help Your Child Cope with Racism
  - <https://www.psychologytoday.com/us/blog/life-liberty-and-the-pursuit-insight/201311/six-ways-help-your-child-cope-racism-part-2>
- These Books Can Help You Explain Racism and Protest to Your Kids
  - <https://www.nytimes.com/2020/06/02/parenting/kids-books-racism-protest.html>

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