

Books

How To Be Antiracist by Ibrahim X Kendi

Mindful of Race: Transforming Racism from the Inside Out by Ruth King

So You Want To Talk About Race by Ijeoma Oluo

The Inner Work of Racial Justice by Rhonda V. Magee

The Next American Revolution: Sustainable Activism For The Twenty-First Century by Grace Lee Boggs

This Bridge Called My Back: Writings By Radical Women Of Color by Cherrie Moraga

White Fragility: Why It's So Hard for White People To Talk About Racism by Robin Diangelo

White Rage: The Unspoken Truth of Our Racial Divide by Carol Anderson, PhD

Racial Healing by Anneliese A. Singh, PhD

The New Jim Crow: Mass Incarceration in the age of colorblindness by Michelle Alexander.

Infant and preschool books

Anti-Racist Baby also by Ibrahim X Kendi

Whose Toes Are Those? by Jabari Asim (0-3)

Yo! Yes? (Scholastic Bookshelf) by Chris Raschka (2-4)

Young Water Protectors: A Story About Standing Rock by Aslan & Kelly Tudor (ages 3-8)

The Day You Begin by Jacqueline Woodson (ages 4-8)

When We Were Alone by David A. Robertson (4-8)

Skin Like Mine (Kids Like Mine) by LaTashia M. Perry (1-12)

Children's books

A Is For Activist by Innosanto Nagara

Let the Children March by Monica Clark-Robinson

Separate is Never Equal by Duncan Tonatiuh (ages 6-9)

Sulwe by Lupita Nyong'o

Malala's Magical Pencil by Malala Yousafzai

Kid Activists by Robin Stevenson

Last Stop on Market Street by Matt De La Pena

Not My Idea: A Book About Whiteness by Anastasia Higginbotham

Malcolm Little: The Boy Who Grew Up to Become Malcolm X by Ilyasah Shabazz (ages 6-10)

Let it Shine: Stories of Black Women Freedom Fighters by Andrea Davis Pinkney (ages 6-9)

Unstoppable: How Jim Thorpe & the Carlisle Indian School Football Team Defeated Army by Art Coulson (ages 6-10)

Schomburg: The Man Who Built a Library by Carole Boston Weatherford (9-12)

Viola Desmond Won't Be Budged! by Jody Nyasha Warner and Richard Rudnicki (5-9)

My Hair is a Garden by Cozbi A. Cabrera (5-8)

Articles

Trent, M., Dooley, D. G., & Dougé, J. (2019). The impact of racism on child and adolescent health. *Pediatrics*, 144(2), e20191765.

<https://pediatrics.aappublications.org/content/pediatrics/144/2/e20191765.full.pdf>

Pachter, L. M., & Coll, C. G. (2009). Racism and child health: a review of the literature and future directions. *Journal of developmental and behavioral pediatrics : JDBP*, 30(3), 255–263.

<https://doi.org/10.1097/DBP.0b013e3181a7ed5a>

Collins, J., David, R., Symons, R., Handler, A., Wall, S., & Dwyer, L. (2000). Low-Income African-American Mothers' Perception of Exposure to Racial Discrimination and Infant Birth Weight. *Epidemiology*, 11(3), 337-339. Retrieved July 9, 2020, from www.jstor.org/stable/3703223

Nuru-Jeter, A., Dominguez, T. P., Hammond, W. P., Leu, J., Skaff, M., Egerter, S., Jones, C. P., & Braveman, P. (2009). "It's the skin you're in": African-American women talk about their experiences of racism. an exploratory study to develop measures of racism for birth outcome studies. *Maternal and child health journal*, 13(1), 29–39. <https://doi.org/10.1007/s10995-008-0357-x>

Flores, G. (2010). Racial and ethnic disparities in the health and health care of children. *Pediatrics*, 125(4), e979-e1020.

Priest, N., Paradies, Y., Trener, B., Truong, M., Karlsen, S., & Kelly, Y. (2013). A systematic review of studies examining the relationship between reported racism and health and wellbeing for children and young people. *Social science & medicine*, 95, 115-127.

Webinars

Getting it right™: Webinar series by the Foundation for Child Development:

<https://www.fcd-us.org/getting-it-right-webinars/>

To-Do's and Taboo's: Counseling Diverse Clients: Brad Lundahl, PhD, and a panel of experts:

<https://youtu.be/07ErNQKd2jE>

Podcasts

Code Switch by NPR

[Talking Race with Young Children](#) (control+click to be directed to clip)

Raising Antiracist Kids: Podcast with Ibram X. Kendi

The Diversity Gap

Intersectionality Matters! Hosted by Kimberle Crenshaw

Momentum: A Race Forward Podcast

Pod For The Cause From the Leadership Conference on Civil & Human Rights

PBS series Scene One: Radio Seeing White

Online Resources

[Talking about Race](#) – Web Portal created by National Museum of African American History and Culture.

[Mindfulness for the People](#) - Mindfulness for the People is a Black-owned social change agency dedicated to disrupting systemic whiteness in the mindfulness movement.

[How to Talk to Kids about Race and Racism](#) – Parent toolkit for talking with children.

[Beyond the Golden Rule](#) – A Parent’s Guide to Preventing and Responding to Prejudice by Southern Poverty Law Center.

[Social Justice](#) – Webpage from National Association of School Psychologists

[Talking to Kids about Discrimination](#) – Article by American Psychological Association

[Anti-Racism for Kids](#) – An Age by Age Guide for Fighting Hate by Parents Magazine

[Supporting Vulnerable Students in Stressful Times](#) – Tips for Parents by National Association of School Psychologists

Films/Videos

[Coming Together: Standing Up to Racism](#) - CNN/Sesame Street Town Hall

Resources for IMH Professionals (more clinically oriented, not sure where these go)

[Anti-Bias Curriculum](#) book originally by Louise Derman-Sparks

[Equity in Infant and Early Childhood Mental Health](#) - Webinar series from the Center for Excellence in IECMHC

[Start with Equity](#) - Webinar series from the Children’s Equity Project

[Culturally-Responsive Self-Care Practices for Early Childhood Educators](#) (this book is great for all IMH professionals but particularly those who work in EC settings, it uses a critical race lens to look at self-care and discussed “decolonizing self-care”)

<https://www.routledge.com/Culturally-Responsive-Self-Care-Practices-for-Early-Childhood-Educators/Nicholson-Driscoll-Kurtz-Marquez-Wesley/p/book/9780367150259>