

Counselor Corner



In light of the recent murders of George Floyd, Breonna Taylor, Ahmaud Arbery, and Tony McDade, the incident against Christian Cooper in Central Park, the protests in cities throughout the country and world and the continued instances of police brutality, we wanted to take this time to share some resources. These recent incidents have shined a light on racial injustice and systemic oppression in this country. Now more than ever, the importance of educating ourselves on these issues, listening to other's experiences and having honest conversations about race and racism is apparent. It's never too early to start this conversation with our children. Watching the news, or hearing family members talking about these issues can bring up questions and fears for kids. It is important to answer kids honestly, with age appropriate information.

While there are a variety of resources listed here, you know your kid best. You know what information they can handle, what information they need and what information they already have. Parents/guardians are encouraged to preview these resources to determine which might be right for your child.

Finally, these are trying times for children and adults. Feelings of anger, sadness, fear, exhaustion, guilt, motivation, hope, etc. are normal and can be a lot to process. Remember self-care for yourself as well as for your child. Please feel free to reach out to the counselors/City Connects team if we can be of assistance.

COMING TOGETHER: Standing Up To Racism- A Town Hall for Kids and Families presented by Sesame Street and CNN



To watch the video, click this link: https://youtu.be/Iw5shZax_o8

Resources for Speaking to Your Children about Race and Racism

Something Happened In Our Town- A Child's Story About Racial Injustice

This is a read aloud about an incident of police violence against a black man in a community and shows the conversations that happen in the families of two black and white classmates afterwards. It is at times over-simplified, but is a good start for families with younger children or families that are just starting to have conversations about racist police violence.

<https://m.youtube.com/watch?v=lcOhOFGcWm8&t=180s>

Articles

Talking With Children About Racism, Police Brutality and Protests

By Dr. Laura Markham, Clinical Psychologist

An age by age guide on ways to speak to your children about race, racism, police brutality, and protests.

<https://www.ahaparenting.com/ask-the-doctor-1/talking-with-children-about-racism-police-brutality-and-protests?fbclid=IwAR24Mu1-e5SKSASVNLn2l0Ua22iFoD3GO6M7KoVK7Y1krJ9XbeZbAh45qCM>

Racism and Violence: How to Help Kids Handle the News

By Child Mind Institute

Adults are struggling with their own feelings during this time so imagine the varying emotions children are experiencing, ranging from anger to sadness to fear. This provides a

few guidelines to help kids process what they are seeing and hearing in the news about race and violence, and help manage feelings.

https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/?utm_source=newsletter&utm_medium=email&utm_content=+Parents+Guide+to+Problem+Behavior&utm_campaign=Weekly-06-02-20&fbclid=IwAR0Y5wRX84W0cFgAoF8mAGGRzCJY3q1V5FHPP5O2CkBFr80-ZcStFgnisLU

Podcasts

Talking Race With Young Children podcast

By National Public Radio (NPR)

Listen to family's experiences in addressing race with their children. Learn five strategies to help you handle conversations about race, racism, diversity and inclusion with young children.

<https://www.npr.org/2019/04/24/716700866/talking-race-with-young-children>

Kojo for Kids Podcast

In this 24 minute episode of The Kojo Nnamdi Show, Kojo talks to author Jason Reynolds (*Stamped: Racism, Anti-Racism and You; Ghost; All American Boys; Miles Morales Spider-Man*) about racism and police brutality and takes call-in questions from kids.

The show is for kids, and may be best for older elementary kids, as well as kids who already know some things about racism and police brutality.

<https://thekojonnamdishow.org/shows/2020-06-01/kojo-for-kids-jason-reynold-talks-about-racism-and-the-protests>

Books

Springfield Public Library

“Stories can empower youth to think critically about race, equity, and diversity and books are a great tool to initiate conversations. Talk with your children about what you can do as a family to address systematic racism and the unfair treatment of people of color. Everyone has the opportunity to write history, be the change you want to see.”

**SULWE
BY LUPITA NYONG'O**



**A MOVING
PICTURE BOOK
ABOUT SKIN
COLOR, SELF-
ESTEEM, AND
LEARNING THAT
BEAUTY COMES
FROM WITHIN.**

**WHEN WE WERE ALONE
BY DAVID A. ROBERTSON**



**A STORY ABOUT A
DIFFICULT TIME IN
HISTORY AND,
ULTIMATELY, ONE
OF EMPOWERMENT
AND STRENGTH.**

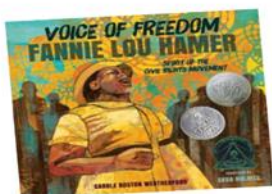


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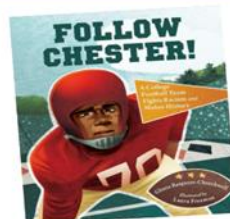
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**VOICE OF FREEDOM
BY CAROLE BOSTON WEATHERFORD**



**FANNIE LOU
HAMER: SPIRIT OF
THE CIVIL RIGHTS
MOVEMENT.**

**FOLLOW CHESTER!
BY GLORIA RESPRESS-CHURCHWELL**



**A COLLEGE
FOOTBALL TEAM
FIGHTS RACISM
AND MAKES
HISTORY.**

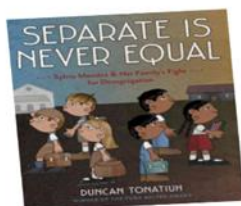


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**SEPARATE IS NEVER EQUAL
BY DUNCAN TONATIUM**



**SYLVIA MENDEZ
AND HER FAMILY'S
FIGHT FOR
DESEGREGATION.**

**DREAMERS
BY YUYI MORALES**



**WE ARE
RESILIENCE.
WE ARE HOPE.
WE ARE
DREAMERS.**



available on
Hoopla Digital



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Hoopla Digital

Other great books!



You can find these books online with or without a Springfield Public Library card through Overdrive/Libby and Hoopla. For more info on ebooks and eaudiobooks click the link below

https://www.springfieldlibrary.org/library/elibrary/?fbclid=IwAR2C6Drxf0jL9J6_h6RVQdSVtIWgi4BRNZXQpw7uodDf5uJy7lXuRn6mQ8k#ebookssection

13 Children's Book About Race And Diversity

https://www.pbs.org/parents/thrive/childrens-books-about-race-and-diversity?utm_campaign=currentevents_2020&utm_content=1591295407&utm_medium=social&utm_source=facebook

Additional resource:

<https://www.embracerace.org/>

<https://socialjusticebooks.org/>

In case you missed them, look at our previous Counselor Corners for ideas about:

Week 1 (4/2) – Calming Strategy (Break Spot), Videos About Explaining the Virus to Kids, Self-Care

Week 2 (4/9) – Managing Feelings, Technology Tips

Week 3 (4/24) - Home Reward System, Hand-washing Tips

Week 4 (5/1) – Giving kids specific positive feedback, task list for kids, Sesame Street and CNN Town Hall on the Coronavirus

Week 5 (5/8) – Taking breaks, Calming tools

Week 6 (5/15) – Transitions, timers, and sleep

Week 7 (5/22) – Praise, work completion, credit requirements

Week 8 (5/29) – Helping students get work completed, dealing with loss

If you have any questions or need more information/support please reach out to us:

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