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PSN Family Resource Center NEWSLETTER

Never Too Young: Ages and Stages of Racial Understanding

Research shows that children form race-related ideas long before they're ready to talk about race and racism... awareness of race begins as early as infancy!¹ No matter their age, all children collect clues from their experiences to make sense of the world, so early, honest, and age-appropriate conversations really matter. Here's an age-by-age look at how children's understanding develops—and why it's never too early to address racism.

Infants show a preference for the faces of people from their own racial group as early as six months. Studies show that babies gaze longer and show happy expressions more frequently with people who look like them. Start early by introducing children to people who don't look like them, and let children see pictures of people with a variety of skin tones and facial features.

Toddlers use social cues such as body language and facial expressions to make sense of their world. They watch the way adults respond to differences in people, and mimic our attitudes and racial biases without us even realizing it. Research shows that as young as three, toddlers associate some racial groups with negative traits, and they use these associations to develop their own understanding about the world around them. When your children are toddlers, you can be aware of your own biases and reactions to people whose skin color is different from yours, and continue to share books, videos, and music that highlight and celebrate differences.

Preschoolers are becoming even more observant of differences such as skin color and hair texture, and noticing more and more how other are the same and different from them. Not only do they compare and group people by race, but research shows some children also begin to show a "pro-White" bias—they may begin to include or exclude playmates on the basis of race. Even non-White children may associate White with wealth, power, or beauty. (When my children were this age, I'd make sure to say things like, "Isn't it amazing how we're all so different!")

Kindergartners and first graders are beginning to notice that race is often a taboo topic. At this age, children may continue to include and exclude peers based on race. They are more aware of disturbing news, and they often ask questions about it, so it's a great opportunity to have meaningful conversations about race and racism. It's not uncommon for a child to say that someone who looks different from them looks "weird." (Before getting into more conversation, you can ask questions like "What makes you say that?" or "Why do you think so?" so I better understand where these thoughts came from.)

As soon as children can ask questions, support their natural curiosity by answering them, even the most difficult ones (and it's okay to say you want to think about their question for a while). Let them know that it's okay to notice skin color and to talk about race. The idea is to make differences normal... and good!

Click [here](#) to read the full article.

What's Inside:

20 Affirmations to Build
Your Child's Self Esteem

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20 Affirmations to Build Your Child's Self-Esteem

Positive words are very important in building a child's self-esteem. It can be difficult to remember to give our kids affirming words, particularly when life is busy.

Here's a handy list of positive affirmations to tell your kids. Copy and paste into the notes on your phone so you have them handy. Add several of your own. Tell your kids a couple of them a week.

- I love you. (You can never tell them this enough.)
- I appreciate you.
- I believe in you.
- I love how you care about others.
- I'm proud of you and of who you are.
- My life is better with you in it.
- You are enough just as you are.
- You are fun to have around.
- You are excellent at _____.
- You are smart.
- You are beautiful/handsome.
- You are courageous.
- You are wonderfully unique.
- You are talented.



- You are a good friend.
- You have really great ideas.
- You are a gift to our family.
- You are a great kid. It's a privilege to know you.
- You make a positive difference wherever you go.
- You have what it takes to be successful in life.

TRIPLE P—POSITIVE PARENTING PROGRAM

Triple P – Positive Parenting Program knows all parents have different needs. That's why Triple P has many different ways to get your parenting help so you can choose what will best suit you and your family.



Triple P Virtual Small Group

Wednesday, April 14 through Wednesday, June 2, 10am - noon

This 8 week course will help you learn more about positive parenting and how you can apply it to your family. If you are ready for a more in-depth look at the parenting strategies that really work, this small group is ideal!



CHILD ABUSE & NEGLECT

Prevention Board



Registration is required: <https://tinyurl.com/y4w9tu75> or contact Alison at 262-605-6545, alison.haas@kenoshacounty.org to reserve a spot.

Are you a parent or guardian looking for parenting classes or one-on-one parenting support? Triple P has a variety of levels to suit your family's needs. Contact Alison at 262-605-6545 or alison.haas@kenoshacounty.org to find out about upcoming sessions and offerings.

Check out our facebook page for more information: facebook.com/preventionservicesnetwork/

April is Child Abuse and Neglect Prevention Month

SAVE THE DATES! Help the Turn the Town Blue Committee spread awareness and participate in one of the many exciting VIRTUAL events happening throughout the month!



April 01—Wear Blue Day—Wear blue all day to show support for Child Abuse and Neglect Prevention Month! Post the photos of you wearing blue to www.facebook.com/TTTBKENO.

April 01—Blue Ribbon Anthology Viewing—Learn more about the services for children and families and how you can be a part of protecting children by viewing the Blue Ribbon Anthology at <https://youtu.be/LYkgA9y-xLE>.

April 20—VIRTUAL Family Craft and Snack —Join us on Zoom for an interactive craft and snack with Alison. Supplies can be picked up ahead of time. Registration required: <https://forms.gle/sTA8Yj8Y2ABQ8okM7>.

April 22—VIRTUAL Connie Reyes Award, 4:00pm. Recognizing an individual who works diligently and compassionately to prevent child abuse and neglect. Nominations will be accepted until April 5th. Email Nomination to Kim Emery at kim.emery@kenoshacounty.org.

April 23 & 24—VIRTUAL 5K Family Fun Run Walk—Complete your 5K and post a photo at www.facebook.com/TTTBKENO to be entered into a drawing! Register for a t-shirt at <https://forms.gle/wDTDdDPRSTRPKqR4A>.

April 26 through 30—Strong Family Awards presented via facebook videos! www.facebook.com/TTTBKENO.

Nominations for the Strong Family Award are due by April 9th. Please consider submitting a nomination online at <https://forms.gle/qCHj6RBMrDTtPf1T7>.

Follow the Turn the Town Blue facebook page at www.facebook.com/TTTBKENO for more information.



Kenosha County has a great need for new foster families for all ages of children!
Please contact us to find out how you can help children in our community
by becoming a foster parent!

Contact Us!

Email: fostercare@psgcip.com

Phone: 262-654-1004 – Select “Kenosha Foster Care” from menu

Website: <https://www.psgcip.com/becomeafosterparent>

Facebook: <https://www.facebook.com/foster.carekenosha>

or search: Foster Care Kenosha

PSN Family Resource Center

The mission of the PSN Family Resource Center is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.



Meet Our Staff

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Find us on:
facebook®

Like us on Facebook or visit our website:
www.PSNFamilyResourceCenter.com

Beautiful Me



Help children pick crayons or colored pencils that accurately show their skin, hair, and eye color, and draw themselves. Ask, "What makes you, *you*?" Around their drawing, help children write:

- Descriptions of their racial, ethnic, and/or cultural identity (for instance, "Japanese-American," "Black," "White," "Jewish and Puerto Rican," "Mexican-American," "Brown," "Irish," Cherokee," or "a quarter Chinese, a quarter Filipina, half White");
- Words that describe their skin color (for instance, coffee, peach, pink, caramel, cinnamon, beige);
- The part of the world their family is from;
- and things they're good at or what makes them special.

For more resources, go to sesamestreetincommunities.org