

Equity in Action



NATIONAL CENTER ON
Afterschool and Summer Enrichment

TIPS FOR PARENTS AND CAREGIVERS



The ways that you support your child in their growth and development provide many opportunities for talking about and modeling kindness and inclusion. Take a moment to reflect on the things you already do with your child to help them learn and practice equity. This tip sheet offers more ideas about activities that you can make part of your family's routines to build a strong sense of social justice as your child grows up and forms their own identity.

Equity

"Consistent and systematic fair, just, and impartial treatment of all individuals."¹ And, "Youth have the tools, resources, and other supports they need to achieve desired outcomes."²

Diversity

"Variation among individuals, as well as within and across groups of individuals, in terms of their backgrounds and lived experiences."³

Inclusion

"Embodied by the values, policies, and practices that support the right of every... child and their family, regardless of ability, to participate in a broad range of activities and contexts as full members of families, communities, and society."⁴

TODAY

What are you already doing with your child to support equity and inclusion?

Learn Together

Choose books, music, and other media from diverse authors and artists. Explore and discover with your child the different cultures, backgrounds, and abilities represented in the books you read, the music you listen to, and the shows you watch.



Get hands on with arts and crafts, games, and cooking. Think about how the activities you do with your child reflect your interests and



family traditions and share what they mean to you.

Talk About It



Observe and ask questions. Discuss with your child what it feels like to be included—in a game, a conversation, a gathering—and ask what gives them a sense of belonging. Share with each other if you have experienced or seen racial inequity or another kind of injustice.

Be a good sibling, friend, and neighbor. Tell your child when you notice them being kind, inclusive, and/

or fair, such as taking turns during play. Encourage them to try to see things from another person's point of view and build relationships based on trust.

1 The White House. (2021, January 20). Executive order on advancing racial equity and support for underserved communities through the federal government. <https://www.whitehouse.gov/briefing-room/presidential-actions/2021/01/20/executive-order-advancing-racial-equity-and-support-for-underserved-communities-through-the-federal-government/>

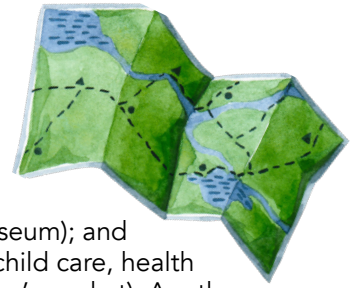
2 Curry, J. S. (2017, Fall). Equity and inclusion: An action agenda for youth development professionals. *Afterschool Matters*, 26, 1-7. https://www.niost.org/pdf/afterschoolmatters/asm_2017_fall/ASM_Fall2017.pdf

3 National Association for the Education of Young Children. (n.d.). *Definitions of key terms*. <https://www.naeyc.org/resources/position-statements/equity/definitions>

4 National Association for the Education of Young Children. *Definitions of key terms*.

TOMORROW

What new activities and steps can you take with your child to promote equity and inclusion?



Reach Out

Find sources for racially and ethnically diverse books, music, and other media. Ask a family elder, your child's teacher, or a librarian for ideas of books, music, shows, etc., to introduce your child to different perspectives. Learn why they recommend these materials and discuss their thoughts with your child.



Do something for your community. Celebrate cultural events with friends, neighbors, or your child's school. Raise awareness about a local issue or an inequity. Help out by organizing an activity, such as a food drive or park cleanup.

Explore Your Community

Take a walk and map community assets. Find the places where people in your community gather (e.g., community center, library, house of worship, park); learn (e.g., school, community



college, museum); and grow (e.g., child care, health center, farmer's market). Are they accessible to people with disabilities? Are they on public transit? What's missing from your point of view or your child's?

Research cultural and natural resources. Learn about your community resources—their history and value to the community. Is there a walking trail that takes you to historical landmarks? Whose story do they elevate? Where are the green spaces, and who takes care of them?

THE YEARS AHEAD

How can you engage your child in equity and inclusion over the long term?

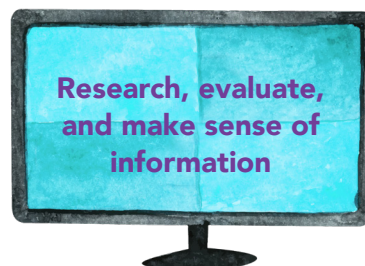
Promote Curiosity

Encourage your child to look around with a critical eye and reflect. What seems fair or unfair at school or in the community? What should be changed? Whose voices are loudest, and whose voices are missing from the public conversation?

Talk about how you get information. Identify reliable sources of information with your child (e.g., newspaper, radio, online sources, library, museum), and discuss how to research, evaluate, and make sense of information they find on things that they care about.

Build Resilience and Civic Purpose

Teach your child to speak up about their needs. Help your child develop skills of self-care and self-advocacy by setting an example for them. Emphasize their strengths. Empower them to take initiative and reach out to local leaders and elected officials about what matters to them.



Combine efforts to make a difference. Join people in your community who want to work together on solutions to issues of access and social justice, such as inequitable allocation of resources, racial profiling, or historic disparities in health care. Engage your child in becoming an advocate or ally for equity and inclusion.