

Parent Talk

FEBRUARY 2025

Celebrating Black History Month

With the month of February being Black History Month, now is the perfect time to start to have conversations with your kids about why it's important to recognize the history and accomplishments of the black community. Your kids may have already expressed curiosity or interest in learning more, which is good! Below are some easy tips to keep the conversation going.

Start With a Summary

Particularly for younger kids, just starting with a basic summary of Black History Month should be enough to provide accurate information, but not overload your child with too much at once. You can briefly touch upon the significance of black history and give specific examples of important historical figures and what they accomplished. You can mention that Black History Month is an opportunity to promote understanding of different communities and dispel negative stereotypes and racism.



Focus on a Specific Historical Figure

In many cases, kids might express interest in learning about a particular person. It's likely they learned about some of the major black historical figures like Martin Luther King, Jr. or Rosa Parks in school and want to know more. You can also encourage interest by focusing on a figure who contributed to a specific field that you know your child already likes. If your child likes writing, introduce them to Maya Angelou. If they like sports, teach them about Jackie Robinson.



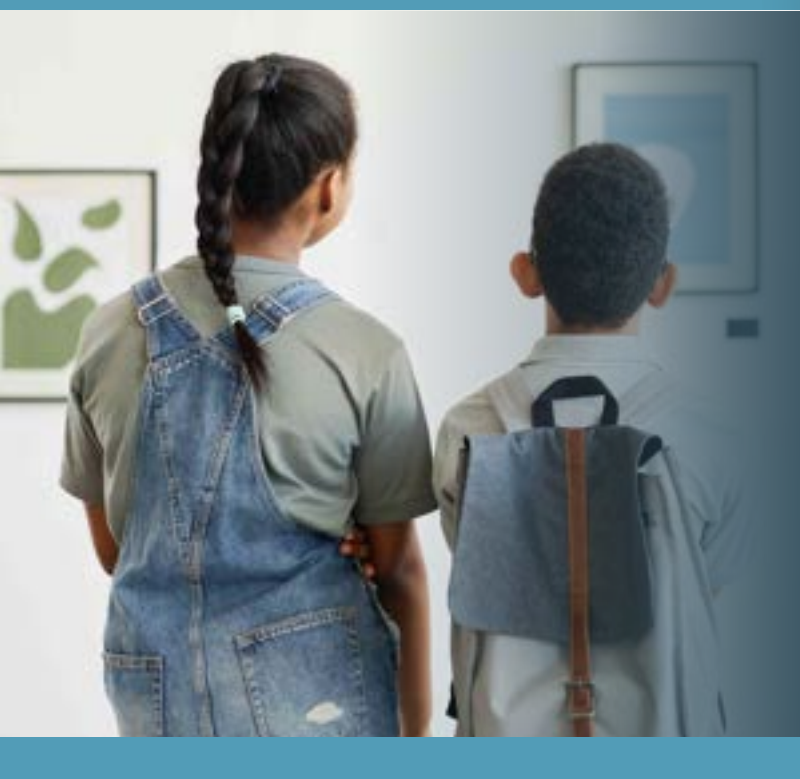
Use Books or Movies

Once your child starts to express interest in either a particular person or the concept of black history as a whole, you can help them learn more by looking for books and movies that focus on particular people, stories, and moments in history. There are many forms of media that are made for kids and break down complex topics and stories in a way that they can easily understand. For a list of good books and movies to start with, check out the Featured Resources section below!



Visit a Historical Site or Museum

One of the most engaging ways you can celebrate Black History Month is to take your kids to a museum or historical site to get a firsthand look at specific moments in history. If you're lucky enough to live close to a historical site, many of them provide guided tours with expanded facts and accounts from historians. This, as well as a day at a museum of history, can be both informative and a fun day out for your family.



Need more help?

Resources at The Baker Center are just a click away

Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →

Special Education

MANVILLE SCHOOL →

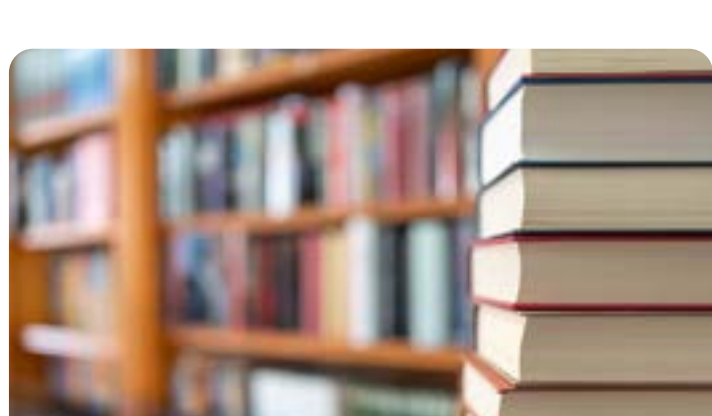
Therapeutic Summer Camp

CAMP BAKER →

College Preparation

NEXT STEP →

Featured Resources



Talking to Kids About Racism

A comprehensive list of articles, guides, books, movies, and more for talking to your kids about racism and understanding the negative impacts it has on society.

[LEARN MORE](#)



Evidence-Based Practices for Multi-Cultural Populations

In this seminar, we discuss the history and development of evidence-based practices, how these treatments and approaches can be effective for children and adolescents with a wide range of identities, and how to ensure that your child is receiving culturally informed care and what that might look like.

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What are Evidence-Based Practices? The History and Progress for Cultural Considerations in Evidence-Based Therapeutic Approaches

In recent years, youth across America have been experiencing an increasing mental health crisis. Many attribute the rise in mental health challenges to the pandemic, and the resulting life changes that youth experienced socially and academically. While there is more widespread recognition about the need to support mental health and access barriers in the field, it is also important to acknowledge the disparities in access and quality of care across cultures, races, and ethnicities.

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Incorporating Race and Identity into Trauma Treatment: How the Cognitive-Behavioral Intervention for Trauma in Schools Addresses Racial Trauma

As a result of many years of research, clinical psychologists have a toolbox of evidence-based treatments they can use to address post-traumatic stress and its impact on children's mental health. Post traumatic stress disorder encompasses the presence of mental health symptoms that emerge after experiencing one of a number of traumatic events. Traditionally, racism is not considered to be one specific traumatic event that can result in traumatic stress. Even so, we do have a significant amount of evidence supporting the fact that experiencing repeated acts of racism can have a significant impact on one's mental health.

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