



# AT HOME

with Cathedral for Kids!



## Telling the Truth Starts with You

June 21, 2020

Dear Friends,

Conversations about race are happening everywhere, and by now, I'm sure that you have had some interesting conversations at your house too. Intentionally talking to kids about race is important, but you've probably figured out that having these conversations with kids of different ages can be a challenge. That's because understanding race - like everything else! - comes in developmental phases. As you talk about what is happening in our communities with your kids, here are a couple of helpful things to keep in mind.

Toddlers and preschoolers (ages 5 and under) don't understand race the way adults do. In fact, kids in this age group are often just grasping that skin color is actually a permanent attribute! Given where they are at this age, it is best to keep conversations about race geared towards where they are developmentally, and stay positive and curious when they express their observations about their own or another person's skin color.

However, by the time our children reach school age (around 6-7 years old), they will begin to form racial attitudes and prejudices. ***And according to developmental psychologists, the most important and powerful influence on their attitudes of their race and that of others is you - their parents, caregivers, and close family or friends.***



If we want to help our children grow to be strong, confident, and antiracist, it means that we have to start with ourselves. It means telling *our* truth and our community's truth - whatever that may be - and developing our own healthy racial identity. Our children need us to be truthful and confident about who we are and where we've been because they need our help. Children of color need help navigating the explicit and implicit racism they will encounter throughout their lives. Biracial children and transracial adoptees need help understanding their racial and ethnic identities and discovering where they fit in our world. White children need help understanding that they have a racial identity so that they can learn to *not* perpetuate white supremacy. ***And all children - no matter what race they are - need love, guidance, and support to become who they are meant to be by their Creator, uninhibited by the categories and limitations our society places on them.***

This work is not for the faint of heart. Parenting is a tall order. Parenting for the good of our children, ourselves, and our communities is huge. But we are followers of Christ, and everything we do to better love and support each other is covered by the grace of God.

## CATHEDRAL FOR KIDS LIVE ON ZOOM

Our LIVE Cathedral for Kids service will be this Sunday, June 19 at 10:15 AM. You can access this service on Zoom by using this [link](#) (password: 222277). This week's gospel reading is [Matthew 10: 24-27](#), where Jesus tells us that we should not be afraid to speak the truth.

As usual, we will be doing a live love feast during this service, which is simply a fellowship meal similar to the meals Jesus shared with his disciples. For the love feast, you will need the following items:

- A story rug (can be anything...be creative)
- A small snack
- A drink for each member of your family
- A candle (placed a safe distance from your feast!)

We'll be sharing gritudes on our story rug as well as the snack, reminding us of the holy fellowship we share with God and each other. And if you miss our live service, definitely use our Cathedral for Kids video, which can be found anytime [here](#).



## FAITH AT HOME ALL WEEK LONG

This week's Faith at Home resources are all about working on ourselves so we can help our children develop healthy attitudes about race. Here are four ways that you can engage these topics as families this week:

### *Ways to Listen*

- **Juneteenth Resources for Kids and Parents:** for the observance of Juneteenth this year, St. James Episcopal Church in Austin has put together a great resource (found [here](#)) for families that includes things to do, read, and watch for kids of all ages and adults.
- **Understanding Racial-Ethnic Identity Development Webinar:** this is another excellent webinar (found [here](#)) from Embrace Race discussing healthy racial and ethnic identity development. This webinar is led by experts in developmental psychology and talks about what racial identity development looks like for kids of all races and what parents can do to support them. Recommended for everyone.

### *Ways to Act*

- **Take Harvard's Implicit Bias Test:** if you want to know what your blind spots might be when it comes to race, take Harvard University's [implicit bias test](#). You can log in as a guest, and you will be given a short test with image and word associations. You might be surprised by the results, but if helping our kids navigate and dismantle racism starts with us, this is not a bad place to begin.
- **Prayerful Juneteenth March in Mineola, Friday, 7:00-8:00 PM:** churches across Long Island are gathering tonight for prayer and demonstrations at the Nassau County Supreme Court in Mineola. If you were not able to make it last week to the Children and Families March, this is another great opportunity to protest. Details can be found [here](#).

And that's it! We are here for you, so please don't hesitate to reach out. And as always, keep doing hard things--

Blessings,

Mother Morgan

