

## Parent Resource

### How to Talk to Kids About Racism

*“Children of all races and ethnicities have questions about race and racism, so these conversations can be valuable in every household. Research shows that children can internalize racial bias as early as two years and have opinions about race before starting kindergarten. It is never too soon to start the conversation.”*

-Dr. Ava Casados, psychology postdoctoral fellow at CHOC Children's & Dr. Sheila Modir, pediatric psychologist at CHOC Children's

Click source link for tips about talking to your child about race and racism, as well as additional resources.



[Source: CHOC Children's](#)