

HANDOUT #3: NTDC PARENT TIP SHEET: CULTURAL HUMILITY

- ✓ Educate yourself *before* children come to your home. Talk with other adults who've had a range of life experience, read, watch videos/movies, etc., about the lives of those who've been raised in multiracial families through foster care and adoption.
- ✓ Learn how the ISM's affect the children you are parenting (including discrimination, racism, xenophobia, homophobia, etc.) Acknowledge it is okay to have strong feelings about these. It is not ok to talk badly about other human beings. It's not okay to treat others unfairly.
- ✓ Check yourself and your judgments and biases. We all have them. Be the child's sounding board rather than inserting your own beliefs. Keeping your relationship strong and trusting is much more helpful to the child than getting caught in disagreements about your personal beliefs. Your support will go a long way.
- ✓ Realize that as children get older, it is natural for them to feel more comfortable and real with their friends rather than you. Respect privacy while opening supportive, non-judgmental conversations on sensitive topics like romantic partnerships and high-risk activities.
- ✓ Think of a situation in which you felt different, and no one welcomed you in. Keep reminding yourself of how that felt. Share personal stories with the child if they apply (without over emphasizing your own experiences.)
- ✓ Let your words and actions reflect that you are not assuming or aspiring for your child to fall into traditional paths. Accept and encourage safe exploration of all parts of their identity.
- ✓ Marvel at the child's strengths—to yourself, others, and the child. Teach them empowering words for the challenges they've experienced in their life ("I'm a survivor", I have tremendous strength" and/or "I have power and wisdom.")
- ✓ Talk about the differences between you and the child openly and appreciate them. Show your interest in them and explore what they're interested in. The goal is for the child to feel part of your family, but not be just like you. They are uniquely themselves.
- ✓ Understand that you can't separate or protect the child from the world's views. When you hear news or discussions related to things like race, immigration, and other issues connected to the child's identity, understand that they often affect the child personally. Talk about it with them.
- ✓ Never laugh at the expense of others but take occasion to laugh at yourself. Mistakes will be frequent. Be forgiving and ask for forgiveness. Keep learning and growing.
- ✓ Keep it real.

