



# Culturally and Linguistically Responsive *Family & Community Resource for Healing*

In the spirit of community collaboration, hope, and overcoming tremendous odds, we stand strong as a Buffalo District Community, and we will continue to move the work of racial equity, racial equality, and social justice forward. In this guide, you will find a plethora of resources that can help to mitigate the racial trauma that has been imposed upon our district community. We encourage you to use these resources as a platform for processing and identifying emotions and fostering hope, healing, and resilience after the traumatic event that has occurred.



## Tips for Parents & Caregivers:

- Begin with self-reflection and checking-in with yourself. How are you feeling? Seek support for yourself.
- Consider your own identity and how this shapes your emotions and perspective on the traumatic event.
- Pay attention to what your child already knows and has been exposed to. Be prepared to clear up any misinformation.
- [Remember: Children are not too young to talk about race.](#)
- Start the conversation. In many instances, children just need someone to say something to open a conversation and lend a listening ear.
- Answer questions – be honest and use age-appropriate language. If you don't know how to answer a question, you can tell your child, "I don't know" or "I have to think about that" **and** "I will get back to you." Make sure to revisit unanswered questions.
- Limit media exposure, including TV, radio, and social media.
- As much as possible, keep a routine. This will help children to feel safe and secure.
- Consider simple ways to provide comfort to your child. Some ideas: Write a small note or an "I love you" on a piece of paper that can be tucked into a pocket, wear matching bracelets, hair ties, or string bracelets that can serve as reminders of your connection to each other when you are not together, establish a "special time" routine where you spend 5-10 minutes of focused together time each day.
- Be available – questions, comments, and emotional reactions may occur at any moment. Children need to know they have a caring adult role model to talk to or sit with as they process their thoughts and emotions.
- In addition to talking there are other ways to process thoughts and emotions, such as, drawing, writing, singing, dancing, etc.
- Engage in mindfulness activities that can help regulate emotions – deep breathing, yoga, meditations, a walk outside (try: 3 things I see – 2 things I hear – 1 thing I smell).
- Please contact your school and community resources if you and/or your child are in need of further support or mental health services.

## Conversation Starters

- *“Something happened...”*
- *“Tell me more about what you have heard.”*
- *“What types of conversations have you heard in school?” or “What are you friends talking about?”*
- *“Describe what you know.”*
- *“How are you feeling?”*

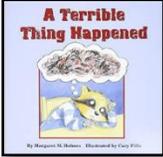
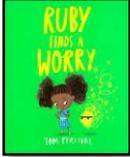
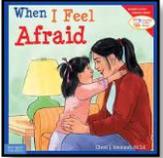
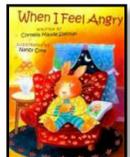


## Resources

- Helping Children Cope and Heal
  - [Helping Children Cope After a Traumatic Event – Child Mind Institute](#)
  - [After a Crisis: How Young Children Heal – The National Child Traumatic Stress Network](#)
- Talking to Children About Violent Events and Hate Crimes
  - [The Horrific Mass Shooting in Buffalo: How to Talk with Young People](#)
  - [Talking to Children about the Shooting – The National Child Traumatic Stress Network](#)
  - [Talking to Children About Hate Crimes – National Mass Violence Victimization Resource Center](#)
  - [Talking to Children About Hate Crimes and Anti-Semitism – The National Child Traumatic Stress Network](#)
  - [5 Tips for Talking with Children About Hate Incidents – Anti-Defamation League](#)
  - [Helping Your Children Manage Distress in The Aftermath of a Shooting – American Psychological Association](#)
  - [How to Talk to Your Child About Gun Violence and School Shootings – Verywell Family, February 2022](#)
- Talking to Children About Race and Racism
  - [Anti-Defamation League’s Glossary of Terms](#)
  - [Children Are Not Too Young to Talk About Race – The Children’s Community School](#)
  - [Racial Trauma and Ways to Cope – The Conscious Kid](#)
  - [Talking to Young Children About Race and Racism – PBS](#)
  - [Race Talk: Engaging Young People in Conversations about Race and Racism – Anti-Defamation League](#)

The following books, songs, and artwork may be used to foster conversations and healing moments with children.

### Books & Read Aloud Links

	<p><a href="#"><u><b>A Terrible Thing Happened – Margaret Holmes</b></u></a>          A gentle book for young children who have witnessed violence, accidents, and natural disasters, on dealing with common feelings and behaviors, and meeting with a therapist.</p>
	<p><a href="#"><u><b>Ruby Finds a Worry - Tom Percival</b></u></a>          A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it.</p>
	<p><a href="#"><u><b>The Boy with Big, Big Feelings</b></u></a>          Meet a boy with feelings so big that they glow from his cheeks, spill out of his eyes, and jump up and down on his chest. The boy tries to cope by stuffing down his feelings, but eventually realizes that his feelings are something to be celebrated. This book is relatable for any child, but especially for children experiencing anxiety and extreme emotions.</p>
	<p><a href="#"><u><b>my heart - Luyken, Corinna</b></u></a>          The lyrical text of this book empowers readers of all ages to listen to their feelings within as they navigate life.</p>
	<p><a href="#"><u><b>When I Feel Afraid - Cheri J. Meiners</b></u></a>          Children today have many fears, both real and imagined. Encouraging words and supportive illustrations guide children to face their fears and know where to turn for help. Little ones also learn simple ways to help themselves. This book includes a special section for adults, with ideas for supporting children when they feel afraid and a list of additional resources.</p>
	<p><a href="#"><u><b>When I Feel Angry - C. Spelman</b></u></a>          A book that helps young children differentiate between feeling angry and acting angry and offers helpful anger management techniques.</p>
	<p><a href="#"><u><b>B is for Breathe - Dr. Melissa Munro Boyd</b></u></a>          Written in an ABC format, this book focuses on different ways kids can express their emotions and the coping skills that can help them deal with difficult feelings.</p>

### Songs

- [\*\*Healing Song ~ Lakota Peyote\*\*](#)
- [\*\*Breathe ~ India Arie\*\*](#)
- [\*\*I Am Light ~ India Arie\*\*](#)
- [\*\*What If ~ India Arie\*\*](#)
- [\*\*Rise Up ~ Andra Day\*\*](#)
- [\*\*A Change Is Gonna Come ~ Sam Cooke\*\*](#)

## Artwork by Our Story Project Scholars

### “The Solution”

Julia Eagan & Nishat Sarker, City Honors High School



### “Racial Inequality Poem”

Khadija Nancy, City Honors High School



You see the color of our skin and immediately think “hostile.”  
I promise we won't hurt you. Not emotionally and certainly not physically.

And thus your respect and kindness is all we ask for.

We plan to be your friend but all you think of us is animals.

Hostile, scary and just terrifying.

I live my life behind your shadows because you can't bear the melanin in my skin or the cloth around my head.

My plans, my goals shorten to "just a dream" because you can't handle a person of color in power.

Just breathe and get by, that's all I hear.

But how long, how long will my people and I have to suffer.

I wait every day to fit into your ideal mold but today I surrender.

I am who I am, everything.

My skin, my hijab, my culture, and all that I love and believe.