



Alaafia Kids Tidbits



Fifteen Ways to Raise a Non-Racist Child

Raising a child is not an easy job. Raising a non-racist child is even more challenging. In spite of all we may hear about "multiculturalism" becoming more accepted, the fact is that it may not reach your child every day. Here are some things you can do to bolster your child's self-esteem and help him or her become a person tolerant of diversity. If everyone lived by these and similar principles, our world really could be a peaceful and loving place for everybody...all the time!



Alaafia Kids celebrating Kwanzaa in style!

1. Create a secure and loving home environment where your children can retreat to if made to feel "different."
2. Develop a strong family identity based on unconditional love, not physical appearance.
3. Tell your children every chance you get how beautiful, both inside and out, they are.

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Letter from

JEANIE

Happy New Year, Everyone!



Celebrate Black History Month with Alaafia Kids Company! Alaafia Kids Company is pleased to announce the release of a FREE **Anti-Bias Lesson Plan and Activity Guide for Black History Month**. This Guide is different from many others in that it features innovative activities that go beyond the traditional ones common at this time of year.

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Alaafia Kids Company

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Special Points of Interest:

- ☺ Raising Non-racist Children
- ☺ Anti-Bias Lesson Plan and Activity Guide for Black History Month
- ☺ Proposing Mixed Heritage Day
- ☺ Spotlight on Jason Kidd, New Jersey Nets
- ☺ Rosa & Raymond Parks Institute

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4. Seek out and develop friendships with other multiracial families, doing frequent get-togethers and outings.
5. Read and discuss books celebrating multiracial families or books about multiracial people with them.
6. For young children, provide dolls and other toys that are multiracial-friendly.
7. Celebrate the multiple cultural heritages of your family regularly by attending cultural events, visiting family members, preparing meals, listening to music, and wearing clothes typical of those cultures.
8. Discover other heritages with your family by attending a variety of cultural events and seek out friendships and associations with people from those cultures to get beyond superficial multiculturalism.
9. Visit your children's school and ask about their multicultural and anti-bias curricula, helping to make it a reality if necessary. If homeschooling, feature multicultural and anti-bias education in your program of study.
10. When in public or watching television, dispel stereotypes and teach identity by discretely pointing out multiracial families or people and their similarity to your children or your family.
11. When your children encounter any form of prejudice, discuss it on their level honestly and keep the dialog going whenever the situation arises.
12. Teach tolerance by pointing out in situations where tolerance is not practiced that although people appear to be different, all people have the need to be accepted as they are. Do not ever permit your children to make discriminatory remarks about anyone and maintain a running dialog about it.
13. Get beyond textbooks and recast history by presenting all the facts in their entirety. Use books, videos, museums, etc. as appropriate to make your point.
14. Volunteer in your community and encourage your children to get involved by volunteering at a shelter, daycare program for low-income families, literacy center, etc.
15. Seek out extracurricular activities (e.g., sports teams, dance and theatre groups, community service groups) for your children based on their interests and that involve people from different cultures and races.

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Our **Guide** is also unique in that it gives National Education Standards that correspond with each activity. This feature makes it easy for teachers to integrate the activities into their curriculum. Homeschoolers also can reference the National Standards in their programs of study. *Alaafia Kids Company's Anti-Bias Lesson Plan and Activity Guide for Black History Month* contains ideas for all children from preK to 12. We hope that you will use it! Parents: Feel free to pass it on to your child's teacher.

Contact Alaafia Kids Company for a FREE electronic version of the **Guide**.

New Links to Alaafia Kids Company Two new links to *Alaafia Kids Company* are <http://www.free-home-school-curriculum.com> and www.sustenancescout.blogspot.com.

The first link is from a homeschooling site and features our Reusable Alphabet Art Flip Charts, which are great educational products suitable for children ages 2-6. The second link is from author Karen Carter who writes on diversity issues. Karen featured *Alaafia Kids Company* in her *BEYOND Understanding* blog. They're worth checking out!

Anansi

Answers

Dear Anansi,

My mixed race children (African, Caribbean, and European), never know how to act during Black History Month celebrations. They feel uncomfortable because they want to acknowledge all of their heritages but feel that they can't. What can I do as a concerned parent?

Megan, Chicago, IL

Dear Megan,

I think you can assist your children during Black History Month by carrying out a Mixed Heritage Month Celebra-

tion at home. In school, you can encourage more anti-bias activities during Black History Month. For example, suggest to school administrators and teachers that injustices in the classroom, school, or community be addressed (e.g., anti-bullying activities). Use *Alaafia Kids Company's Anti-Bias Lesson Plan and Activity Guide for Black History Month*. See page 4 for more ideas! Good Luck!

Anansi

Mixed Heritage Day

Black History Month is a very important event for all people, no matter what race. It's true, however, as this issue's *Anansi Answers* column indicates, that many mixed race children feel confused, pulled in different directions, or misunderstood at this time. We at *Alaafia Kids* would like to change this.

We have searched the Web to discover if a Mixed Heritage Day, Week, or Month exists anywhere. So far, we haven't found any. If you know of one, please let us know.

We've decided to fill the void for mixed race children, raise awareness about them, and just plain celebrate their very existence by proposing a National Mixed Heritage Day. We'd like it to correspond with the 1967 landmark Supreme Court decision *Virginia v. Loving* which made it illegal in the United States to have laws banning interracial marriage. The case was argued on April 10 and decided on June 12. I propose that April would be better than June (end of the school year) to hold Mixed Heritage Day.

Mixed Heritage Day would be much more than the multicultural fairs and events that many schools and communities have. It would feature mixed race individuals and the mixed culture, not people who are uniquely from one culture. (Even though many different cultures could be portrayed, they are all still *monocultures*.) However, people who are *not* mixed should be included, too! The activities below are not meant to be exclusionary, because there are sure to be friends of mixed race children who want to celebrate, too! Some activities for Mixed Heritage Day include the following:

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For young children:

- Read *We're Different, We're the Same, We're All Wonderful!* (See page 9).
- Mix white flours with varying amounts of cocoa to produce a broad range of skin colors.
- Invite families in for a tea party.
- Display pictures of families all over the school or community center.

For older children:

- Write poetry, such as that found in Arnold Arnoff's *All the Colors of the Race* and read it aloud to the group.
- Invite parents to speak to the group about their personal experiences as mixed race individuals or as being involved in mixed relationships.
- Research and write a report about a famous or not-so-famous mixed race individual. Present it to the group.
- Research and design a family tree showing at least three generations. Display it.

For teenagers:

- Write a letter to a congressional representative arguing for a "mixed" category on the U.S. Census.
- Re-enact the Virginia v. Loving debate.
- Research and compile a list of books that feature mixed race youth. Do a report on one of them.
- Have a Mixed Social where people must get to know a mixed race individual or someone from a different race and later introduce him or her to the group.

These ideas only represent a start for Mixed Heritage Day. If you have any other ideas, please let us know! If you've done this type of event or are interested in proposing it at your school or community center, please let us know. We'd be glad to assist in whatever ways we can. Contact us!

MIXED HERITAGE DAY

SPOTLIGHT on an ALAAFIA KID... *Jason Kidd*

Some say Jason Kidd is one of the greatest basketball players who ever lived. Others say he is a criminal in more ways than one. *Alaafia Kids Company* decided to feature Jason Kidd in this *Spotlight* column because of the steps Jason has taken to control his anger, remedy past mistakes, and become a better spouse, father, son, and teammate.

Jason was born on March 23, 1973 in San Francisco, CA. He is the son of Steve Kidd, an African American, and Anne who is white. Jason's basketball prowess began early, propelling him to fame in high school where he took his school to two state championships. He did the same during the two years at UC Berkeley before he went pro. We can't forget the 2000 Sydney Olympics when he brought TeamUSA to gold medal victory. Now he's generating numbers for the New Jersey Nets that are making him one of the greatest players in the NBA.

It's reported that his childhood as a mixed race child was relatively calm and that his home life was stable even after his parents got divorced. He dated Gabrielle Union, now a famous African American actress, in high school.

Like many professional athletes known for their questionable behavior, Jason was no different. He had a son out of wedlock and was arrested for a hit-and-run accident and speeding. The stunning, tawny-skinned journalist, Joumana Samaha, hesitated to date Jason. She admits that after spending time with Jason's family, she was convinced that Jason was a good person like they were in spite of his previous bad behavior. They married but soon tensions mounted between them, despite having three children together. Jason's mother, Anne, hesitated to visit because the tensions were so great. Unfortunately, Jason's dad, Steve, had died unexpectedly of cardiac arrest before problems became too serious. Jason regretted that, because he and his father were very close. In fact, as a TWA employee, Steve would frequently fly to wherever Jason was playing, and nap along side him in hotels during the afternoons before game time.

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After being charged with domestic assault, Jason was required to attend anger management classes which he voluntarily continued after the mandatory six month of classes was over. Now, he brings what he has learned about trust and communication to everyone he interacts with, especially family members, teammates, and coaches.

Even before the wife battery incident, however, Jason and Joumana were involved in giving back to the community, especially youth, in many ways. In 1999, they launched the "Assists for Kidds" program encouraging fans to pledge a donation for each of his assists (Jason himself pledged \$100 per assist). They divided the donations between several charities. Also in 1999, they started the Jason Kidd Foundation, dedicated to providing funds for children's medical research. Jason also hosts several youth basketball camps every summer and has formed the Jason Kidd Basketball Scholarship Fund at his former high school and college. Every year, Jason and Joumana give children living at the Salvation Army Homeless Shelter a shopping spree at a local toy store. All of these examples show what a person with sports fame can do to improve the lives of others.

Although *Alaafia Kids Company* does not approve of Jason Kidd's assault on his spouse nor of the hit-and-run, we are glad that Jason has recognized his problems, taken steps to solve them, and continues to do so. Furthermore, he is practicing better interpersonal relations with everyone around him. We hope that he will continue to do so as a sports figure-role model for all youth, and especially mixed race youth. Jason is also to be commended for his charitable initiatives to assist children. Continue to aim for the stars (and the hoop!), Jason!



Surfing the.....

Multicultural Web

<http://www.rosaparks.org>

In recognition of Black History Month in February and Women's History Month in March, *Alaafia Kids Company* features the official website of Rosa Parks in this issue of *Alaafia Kids Tidbits*.

There's no denying the fact that Rosa Parks is one of the greatest American women who ever lived. Her simple act on a city bus so long ago sparked the modern civil rights movement. But it also gave hope to people everywhere that individuals can make a difference in the face of seemingly insurmountable obstacles.

Rosa Parks co-founded the Rosa & Raymond Parks Institute in 1987. Its major objective is to empower youth to reach their highest potential. Education is a primary way the Institute accomplishes its goal. Their programs are based on Parks' principle of "quiet strength." The programs also promote multicultural par-



ticipation through cross-cultural events and activities.

The central program, Pathways to Freedom, consists of a five-week bus journey that traces the underground railroad, the civil rights movement, and much more.

Pathways Chapters are in eight states in the U.S. as well as the Bahamas and Canada. Through personal interaction and hands-on activities, students learn the skills needed to work for human rights in all areas.

Learn more about programs and workshops, including motivational trainings, offered by the Rosa & Raymond Parks Institute at its easily navigable site.



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World's Children Celebrating Our
Diversity and Heritage



Alaafia Kids Company was founded in 2004 by Jeanne Yacoubou, freelance writer, former educator, and now homeschooling mom to three children. Jeanne is married to Malik Yacoubou from Benin, West Africa.

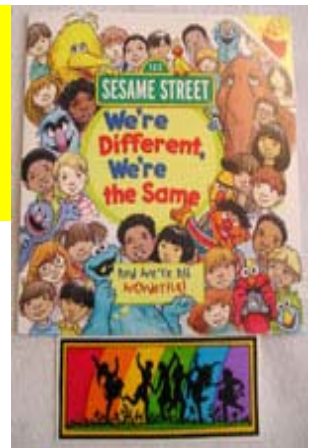
Alaafia Kids Company specializes in multicultural gifts for children. We sell items that mixed race and transracially adopted children will love including handmade **multicultural dolls**, **handmade African clothes for children** and our own line of educational products with multicultural themes including **Reusable Alphabet Art Flip Charts**, **coloring-story books**, and **puzzles**. We also carry **multicultural books**, **music**, and **arts and crafts supplies**. Our web address is <http://www.AlaafiaKids.com>

Book Nook **We're Different, We're the Same and We're All Wonderful!**

Written by Bobbi Jane Kates, illustrated by Joe Mathieu © 1992

What's so great about Sesame Street? Each character there is a different color so differences become normal. We love this! We believe that ***We're Different, We're the Same and We're All Wonderful!*** is a great book for all children because it goes way beyond issues of race. It's also very self-affirming and positive...and everyone needs that! One of our favorite things about the book is the rainbow at the end with all colors, shapes, and sizes of people around it. It fits really well with the rainbow motif of *Alaafia Kids*.

Alaafia Kids Company highly recommends this book for children ages 3-7. It is available in paperback through *Alaafia Kids Company* on its [Multicultural Books Page](#).



Featured Book: *We're Different, We're the Same and We're All Wonderful!*