



## EPISCOPAL SCHOOL OF NASHVILLE Parent Resource Page

### BOOKS ON DEI (Diversity, Equity, Inclusion) and Social Justice for Adults

#### ***Why are all the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race by Beverly Tatum Daniel***

Walk into any racially mixed high school and you will see Black, White, and Latino youth clustered in their own groups. Is this self-segregation a problem to address or a coping strategy? Beverly Daniel Tatum, a renowned authority on the psychology of racism, argues that straight talk about our racial identities is essential if we are serious about enabling communication across racial and ethnic divides. These topics have only become more urgent as the national conversation about race is increasingly acrimonious. This fully revised edition is essential reading for anyone seeking to understand the dynamics of race in America.

#### ***How to Be an Antiracist by Ibram X. Kendi***

Antiracism is a transformative concept that reorients and re-energizes the conversation about racism—and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas—from the most basic concepts to visionary possibilities—that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves.

#### ***Waking Up White: And Finding Myself in The Story of Race by Debby Irving***

For twenty-five years, Debby Irving sensed inexplicable racial tensions in her personal and professional relationships. As a colleague and neighbor, she worried about offending people she dearly wanted to befriend. As an arts administrator, she didn't understand why her diversity efforts lacked traction. As a teacher, she found her best efforts to reach out to students and families of color left her wondering what she was missing. Then, in 2009, one "aha!" moment launched an adventure of discovery and insight that drastically shifted her worldview and upended her life plan. In *Waking Up White*, Irving tells her often cringe-worthy story with such openness that readers will turn every page rooting for her—and ultimately for all of us.

### ***Raising White Kids by Jennifer Harvey***

From Amazon reviews: With a foreword by Tim Wise, *Raising White Kids* is for families, churches, educators, and communities who want to equip their children to be active and able participants in a society that is becoming one of the most racially diverse in the world while remaining full of racial tensions. For white people who are committed to equity and justice, living in a nation that remains racially unjust and deeply segregated creates unique conundrums.

While a great deal of public discussion exists in regard to the impact of race and racism on children of color, meaningful dialogue about and resources for understanding the impact of race on white children are woefully absent. *Raising White Kids* steps into that void.

### ***Nickel and Dimed: On (Not) Getting by in America by Barbara Ehrenreich***

Millions of Americans work for poverty-level wages, and one day Barbara Ehrenreich decided to join them. She was inspired in part by the rhetoric surrounding welfare reform, which promised that any job equals a better life. But how can anyone survive, let alone prosper, on \$6 to \$7 an hour? To find out, Ehrenreich moved from Florida to Maine to Minnesota, taking the cheapest lodgings available and accepting work as a waitress, hotel maid, house cleaner, nursing-home aide, and Walmart salesperson. She soon discovered that even the “lowliest” occupations require exhausting mental and physical efforts.

### ***The Immortal Life of Henrietta Lacks by Rebecca Skloot***

Henrietta Lacks is part of the DNA of modern medicine, and yet her name had been lost to history until Rebecca Skloot embarked on a journey to learn more about the woman behind the HeLa cell. Her investigation leads her to uncover how Johns Hopkins Hospital exploited Lacks' cells while keeping her family in the dark. Though her cells have brought others millions of dollars of profit, members of her family continue to live in poverty. Through her interviews with Lacks' family and the scientists involved with making a business out of HeLa, Skloot finally brings justice to Lacks' legacy.

### ***Evicted: Poverty and Profit in the American City by Matthew Desmond***

In *Evicted*, Princeton sociologist and MacArthur “Genius” Matthew Desmond follows eight families in Milwaukee as they struggle to keep a roof over their heads. *Evicted* transforms our understanding of poverty and economic exploitation while providing fresh ideas for solving one of 21st-century America's most devastating problems. Its unforgettable scenes of hope and loss remind us of the centrality of home, without which nothing else is possible.

### ***Call Me American: A Memoir by Abdi Nor Iftin***

The incredible true story of a boy living in war-torn Somalia who escapes to America--first by way of the movies; years later, through a miraculous green card.

***Poor Economics: A Radical Rethinking of the Way to Fight Global Poverty***  
***by Abhijit V. Banerjee, Esther Duflo***

MIT economists Abhijit V. Banerjee and Esther Duflo throw economic theories out the window in this book that posits the best way to understand what life is like for poor people in developing countries is to understand context, which they illustrate through observations and randomized trials. *Poor Economics* shows that creating a world without poverty begins with first comprehending the daily decisions that poor people have to make.

***Raising Antiracist Kids*** *by Rebekah Gienapp*

*Raising Antiracist Kids* is a practical guide that equips parents to talk to white kids about race right now - whether they're toddlers or teens - and go beyond conversation into action.

<https://www.rebekahgienapp.com/>

## PODCAST: DEI Issues; Parenting

### **Ask Lisa: The Psychology of Parenting – Dr. Lisa Damour**

Raising kids can be a bumpy, stressful, and uncertain process – which is why Dr. Lisa Damour is here to help. The New York Times Adolescence columnist and author of bestsellers Untangled and Under Pressure brings her sane, informed, and practical perspective to your timely and timeless parenting questions. Cohost Reena Ninan, a world-class journalist who has covered the White House while packing a breast pump, makes sure to get you the answers you need.

### **Third Space with Jen Cort**

Jen Cort is an education consultant in the areas of equity, inclusion, diversity and justice. In this podcast, Jen opens up a "third space" – a place outside our familiar home and work environments – in order that we might begin to engage in some of the provocative questions that need to be addressed. Listen in as Jen speaks with some of the leading thinkers and doers in the field.

## ARTICLES

<https://medium.com/identity-education-and-power/anti-racist-parenting-while-white-an-inquiry-25438aa008f9>[https://docs.google.com/document/d/1iNHjvNYYoJX6MmWED\\_840YMI-yoHGc08sFKKjs7f0fo/edit](https://docs.google.com/document/d/1iNHjvNYYoJX6MmWED_840YMI-yoHGc08sFKKjs7f0fo/edit)

## CHILDREN'S BOOKS

### **Those Shoes by Maribeth Boelts**

Everyone at school has “those” shoes, and Jeremy wants some, too. But his family can’t afford new shoes and new winter boots at the same time. Eventually, his shoes fall apart, and he finds a pair of the cool ones at the thrift store, but they don’t fit. Rather than stuff his feet into them, he passes them on to a friend. Though reluctant to share at first, he comes to appreciate what he has, and that he was able to help someone else.

*Social justice issues it addresses:* Economic differences; giving; examination of wants versus needs.

### **Beatrice’s Goat by Paige McBrier**

This illustrated book offers the true story of how a poor African girl was able to attend school after receiving a goat as a gift through a special international project and then sell its milk to get the money needed to buy her books.

*Social justice issues it addresses:* Economic differences, entrepreneurship, access to education

### **Sanji and the Baker by Robin Tzannes**

Sanji lives above a baker's shop. Every morning, he steps on to his balcony and enjoys the delicious aroma of freshly-baked breads and pastries. But the Baker is a mean-spirited, greedy and selfish man. 'Thief!' he cries at Sanji's door. 'You are stealing my smells!' Poor Sanji is taken to court to pay a hefty fine. How will the Judge make sure the Baker gets what he deserves?

*Social justice issues it addresses:* Economic differences, greed

### **Isabel’s Car Wash by Sheila Bair**

The Nelly Longhair doll is on sale at Murphy's Toys for ten dollars. But Isabel has only fifty cents. Isabel decides to start a car wash business; she's sure she can make money. But at the hardware store she learns that her supplies will cost five dollars! If five of her friends will invest one dollar each, she'll have enough. Will Isabel be able to pay them back and have enough left over for the Nelly doll?

*Social justice issues it addresses:* Economics (loans, investments)

## **On Our Street: Our First Talk About Poverty by Dr. Jillian Roberts**

A gentle introduction to the issue of poverty, *On Our Street* explores the realities of people living with inadequate resources. Using age-appropriate language, this book addresses mental illness, homelessness and refugee status as they are connected to this issue. Insightful quotes from individuals and organizations such as UNICEF are included throughout to add further perspective on the issue. An invaluable section on how kids can help empowers readers to take what they have learned and use it to make a difference.

## **Cloud Tea Monkeys by Mal Peet & Elspeth Graham**

Monkeys come to the rescue of a struggling family in this traditional tale from a Carnegie Medal winner. Tashi lives in a tiny village below the tea plantations where her mother earns a living. One day her mother falls ill, and Tashi must pick tea to earn the money for a doctor. But she is too small to reach the tender shoots and the cruel Overseer sends her away empty-handed. Tashi needs a miracle. Then, on the mountains high above the plantation where only monkeys live, something extraordinary happens that will change her life for ever...This title is based on a centuries-old tale of tea-picking monkeys, a richly-told story full of characters.

*Social issues it addresses:* class, poverty, women's working conditions/equality

## **Last Stop on Market Street by Matt de la Pena**

Every Sunday after church, CJ and his grandma ride the bus across town. But today, CJ wonders why they don't own a car like his friend Colby. Why doesn't he have an iPod like the boys on the bus? How come they always have to get off in the dirty part of town? Each question is met with an encouraging answer from grandma, who helps him see the beauty—and fun—in their routine and the world around them.

*Social issues it addresses:* Economic differences, poverty

## **Antiracist Baby by Ibram X. Kendi**

From the National Book Award-winning author of *Stamped from the Beginning* and *How to Be an Antiracist* comes a fresh new board book that empowers parents and children to uproot racism in our society and in ourselves. Take your first steps with Antiracist Baby! Or rather, follow *Antiracist Baby's* nine easy steps for building a more equitable world. With bold art and thoughtful yet playful text, *Antiracist Baby* introduces the youngest readers and the grown-ups in their lives to the concept and power of antiracism. Providing the language necessary to begin critical conversations at the earliest age, *Antiracist Baby* is the perfect gift for readers of all ages dedicated to forming a just society.

## GENERAL PARENTING

### ***How to Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish**

This bestselling classic by internationally acclaimed experts on communication between parents and children includes fresh insights and suggestions, as well as the author's time-tested methods to solve common problems and build foundations for lasting relationships. Enthusiastically praised by parents and professionals around the world, Faber and Mazlish's down-to-earth, respectful approach makes relationships with children of all ages less stressful and more rewarding. (Amazon)

### ***How to Raise a Boy: The Power of Connection to Build Good Men* by Michael C. Reichert, Ph.D.**

Over the past two decades there has been an explosion of new studies that have expanded our knowledge of how boys think and feel. In *How to Raise a Boy*, psychologist Michael Reichert draws on his decades of research to challenge age-old conventions about how boys become men.

Featuring the latest insights from psychology and neuroscience, *How to Raise a Boy* will help those who care for young boys and teenagers build a boyhood that will enable them to grow into confident, accomplished and kind men. (Amazon)

### ***Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood* by Lisa Damour, Ph.D.**

In this sane, highly engaging, and informed guide for parents of daughters, Dr. Damour draws on decades of experience and the latest research to reveal the seven distinct—and absolutely normal—developmental transitions that turn girls into grown-ups, including Parting with Childhood, Contending with Adult Authority, Entering the Romantic World, and Caring for Herself. Providing realistic scenarios and welcome advice on how to engage daughters in smart, constructive ways, *Untangled* gives parents a broad framework for understanding their daughters while addressing their most common questions.

Perhaps most important, *Untangled* helps mothers and fathers understand, connect, and grow with their daughters. When parents know what makes their daughter tick, they can embrace and enjoy the challenge of raising a healthy, happy young woman. (Amazon)

[Dr. Lisa Damour parent resources web page](#)