

PARENTING CULTURE

RACIAL TRAUMA



Welcome!

A note from our founder

----- ANJALI FERGUSON, PH.D.

Welcome to Parenting Culture; a resource and community promoting an inclusive and culturally responsive space for parenting dialog.

My name is Anjali Gowda Ferguson and I am an Indian American clinical psychologist with parenting, early childhood mental health and trauma-informed care. I recently started my own parenting journey and am continually struck by the lack of culturally responsive parenting resources. While I specialized in parenting well before becoming a parent myself, I often found it hard to resonate with existing interventions. They never seemed to represent my communities and upbringing. Online and Offline spaces can often feel unwelcoming of my cultural experiences and thoughts. It felt like something was missing in the parenting world.

So welcome to Parenting Culture, a culturally inclusive and diverse parenting resource.



Anjali Gowda Ferguson, Ph.D. Clinical Psychologist with specialization in early childhood mental health, trauma, and parenting.

Racial Trauma and Children

----- ANJALI FERGUSON, PH.D.

Racial trauma refers to the collective impact of discrimination and prejudice based on race. These experiences include but are not limited to mass incarceration, police brutality, and historical/generational effects of slavery.

Exposure to racial and community trauma impacts a child’s mental health and neurological development

Racial violence is correlated with the following in children:

- Anxiety
- Depression
- Poor school performance
- Inattention/hyperactivity
- Problem behaviors

Racial trauma has profound lasting impacts on black children and can lead to chronic health problems including heart disease, diabetes, addiction, and cancer

Racial trauma impacts are passed on generationally and inform how black individuals prepare and protect their children from the inevitable and very REAL harm they are to face

Black teenagers report greater suicidal ideation and depressive symptoms from exposure to police brutality videos

Black Children are 2.5x more likely to enter the welfare system

Black Children are 3x more likely to lose a parent to death by the age of 10 compared to white peers



Helping your Kids Cope With Racial Trauma



----- ARIANA HOET, PH.D.

1. Put Yourself First

- Yes, you read that correctly. Kids pick up on our mood and it impacts how they feel
- Prioritize self-care and coping strategies for yourself so that you can better support your kids

2. Model Coping Strategies

- Kids learn by watching use
- Normalize and validate talking about emotions in your home. Then practice distraction and coping strategies together: “mommy feels scared too”.

3. Be honest

- Answer their questions at an appropriate developmental level, but honestly
- Give brief answers. If they ask a follow up questions it is because they are ready for more. If not, you can move on.

4. Limit Exposure to Media

- Be aware of what they are consuming on social media or TV. Try to limit both yourself and your kids.
- For teens, if they are watching, talk to them about what they are seeing and process together.

5. Find time for joy

- These are difficult conversations. Find time for positive moments with the family or within the community.
- Keep your routines as much as possible to keep a sense of control when you can

Parenting Culture

Parenting Culture is a team of strong, resilient parents who are all psychologists of color with expertise in children/adolescence.

We each bring our own lens, area of specialty, and personal experiences to the table in efforts to provide holistic and competent resources that capture the diversity in parenting.

-----Vinetra King, PH.D.

Dr. Vinetra King is an African American mom and trauma informed clinical child and adolescent psychologist who strives to deliver culturally competent care to high-risk children and their families. Her specialties include school mental health, child and adolescent trauma, and adolescent substance use and she has expertise working in schools, primary care, and juvenile justice settings. In her practice she recognized how various “gold standard” assessments, therapeutic modalities, and practices didn’t take into account the unique needs and dynamics of African American children and their families. This coupled with the stigma of mental health in Black communities inspired her to join Parenting Culture



Vinetra King, Ph.D. Clinical Psychologist