

Undoing White Supremacy Starts at Home: A Workshop for Caregivers Who Want to Do Better

Course Overview

Where do we begin when it comes to talking with children about racism? Is it possible to discuss traumatic events with our children without traumatizing them too? How do we prepare for the conversations children need us to be having with them so they can step into this historic moment and help undo what should never have been done.

Anastasia Higginbotham has written a children's book that can jumpstart adults taking on these courageous conversations.

In this workshop, we will explore the book: *Not My Idea: A Book about Whiteness*. In this book, a white child sees a news report of a white police officer shooting and killing a person with brown skin who had their hands up. "We don't see color," the child's mother says, but the child senses a deeper truth. An afternoon in the library uncovers the reality of white supremacy in America. The child connects to the opportunity and their responsibility to dismantle white supremacy—for the sake of their own liberation out of ignorance and injustice.

Relevance

Many countries around the world have a history of mistreatment towards their Indigenous or minority groups which has left us with a lot of healing and understanding to work through.

The Black Lives Matter movement has encouraged each one of us to reflect upon how we may subscribe to white supremacy without even knowing it.

Purpose

The purpose of this webinar is to encourage self-reflection for all nurses.

Learning Outcomes

In this video learning activity, you will:

- Gain an awareness of how children may be experiencing injustice
- Gain confidence about how to talk about racism with children and within our families
- Gain an understanding of how white people are treated differently within a system of white supremacy
- Acquire knowledge about what we need to do to prepare ourselves to talk with our children

Duration

The video learning activity typically takes 1 hour to complete.

Who is this for?

This webinar is for nurses from any specialty area.

Speaker



Deborah B. Vilas, MS, CCLS, LMSW is an educator, child life specialist, social worker, writer, public speaker, and consultant whose passion is anything that supports children's development and healing in the face of everyday life or trauma.

She specializes in helping children and parents through hospitalization, loss and developmental challenges. Deb sees play as a child's primary language and modality for self-expression and healing.

Deborah teaches and coaches adults how to provide meaningful and therapeutic play experiences for children. She promotes open ended, child centred play and connecting with nature, discovery and co-creating meaning. She is the founder of [PediaPlay](https://www.pedia-play.com/), helping families connect, cope and heal through play.



Anastasia Higginbotham launched her Ordinary Terrible Things children's book series in 2015 with *Divorce Is the Worst*. She followed with *Death Is Stupid* and *Tell Me About Sex, Grandma*. Her most recent book, *Not My Idea: A Book About Whiteness*, tackles white supremacy and was published in 2018 by Dottir Press.

Higginbotham makes her books by hand in collage on grocery bag paper, using only recycled materials, including jewelry and fabric. Her books and talks demonstrate a way to cope with change and loss by using raw materials available to us and drawing on the wisdom of our own lived experiences. A direct challenge to the status quo, Higginbotham's work undermines systems of domination and oppression, such as white supremacy and patriarchy, by empowering children to recognize when they are being lied to and demand to know the truth.