



## VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

## SPECIAL EDITION CELEBRATE DIVERSITY WITH YOUR FAMILY

### HELLO PARENTS,

Diversity is any dimension that can be used to differentiate groups and people from one another. Diversity is our strength: we are all different and unique, and we respect and appreciate all that makes us different and unique. In Canada, we have opportunities to meet people from many different backgrounds and with a variety of experiences, languages, traditions and cultures to share. Helping children understand differences among people encourages them to feel good about themselves and helps to build strong, inclusive communities where everyone enjoys a sense of belonging. April is Celebrate Diversity Month in Canada and we encourage you and your family to embrace and celebrate the uniqueness of all of us and the positive values we all contribute to the colourful fabric of our society.

### HOW TO TALK TO YOUR CHILD ABOUT DIVERSITY

- Integrate diverse information into regular conversations and daily activities with your child.
- Encourage your child to ask questions and share observations about differences among people, and use matter-of-fact, simple and truthful explanations to their questions.
- Show your child that you are interested in a variety of people and in different beliefs, behaviours and customs.
- Be a role model for your child: children become culturally sensitive and respectful when they see adults who are culturally sensitive and respectful.
- When talking about diverse abilities, acknowledge the differences, point out similarities and emphasize strengths.
- Use respectful and positive language and accurate terminology.
- Expose your child to different cultural opportunities, such as photographs, films, books, or cultural events, and discuss your experiences afterwards.
- Provide your child with books, pictures, toys and games showing people of different races, ages, sexes and differing abilities as capable and involved in all types of activities.

[Click here](#) to listen to children talking about diversity.

## ACTIVITIES FOR THE WHOLE FAMILY FLAVOURS OF THE WORLD

International cuisines are diverse, colourful, and delicious. Explore different cuisines with your family by preparing dishes from around the world and using different utensils. Learn something interesting about the countries that the dishes come from.

### MANGO SALAD FROM THAILAND

#### MATERIALS:

- Bowls
- Cup
- Spoon
- Chopsticks

#### SALAD DRESSING:

- 3 tablespoons soy sauce
- 1/4 cup lime juice
- 2 tablespoons brown sugar
- 1/3 teaspoon dried chili flakes

#### SALAD:

- 2 mangos, shredded
- 1/2 cup fresh cilantro, chopped
- 1 green onion, chopped
- 1/3 cup peanuts or cashews (optional)

#### DIRECTIONS:

- Mix together all the salad dressing ingredients in a cup and set aside.
- Place shredded mangos in a bowl and add cilantro and green onions.
- Add the dressing, toss and sprinkle nuts on top.

- Do a taste-test: if you like it more salty, add a little more soy sauce; if you like it sweeter, add a little more sugar; add more chili flakes if you like it more spicy. If it is too salty or too sweet, add more lime juice.
- Invite your family to sample the salad and encourage them to discuss it: is it similar to or different than the salads you usually eat at home? What new ingredients are used in the salad? Do these ingredients grow in your area? Have you ever eaten them before? Do you like it? Why or why not?
- You can challenge everyone to try and eat the mango salad with chopsticks.
- Find some interesting facts about Thailand and share them with your family during the meal. You can assign each family member to present one fact.

[Click here](#) to learn more about Thailand.

[Click here](#) to learn more about cuisines from around the world.

### GLOBAL RHYTHMS

Music knows no boundaries and connects people universally. Invite your whole family to explore cultures through their music.

### LISTEN AND GUESS

#### MATERIALS:

Children's songs from around the world

#### DIRECTIONS:

- Gather your family members and tell them that you are going on a musical trip around the world.
- [Click here](#) to choose a song. Tell your family members which country the song is from and invite everyone to listen to it.
- Ask everyone to move freely to the music, paying attention to its beat and tempo.
- Share how the music makes you feel and what emotions it creates in each family member.
- Try to identify what musical instruments you can hear.

[Click here](#) to listen to songs that build an appreciation of diversity.

### THE SKIN WE LIVE IN

Children become aware of differences between people very early, and one of the first characteristics they notice is people's skin colour and hair texture. Help your child to recognize, appreciate and understand all of our differences.

### THE COLOURS OF US

#### MATERIALS:

- Paint in different shades of white, peach, different browns, etc.
- Paint brushes
- Paper plates
- White paper
- Other art materials. For example: ribbon, tissue paper, pipe cleaners, yarn, etc.

#### DIRECTIONS:

- Choose one family member to read aloud [The Colours of Us](#) by Karen Katz.
- Discuss the ways Lena describes people's skin colour, and then come up with creative names to describe your family members' different tones of skin colour.
- Provide each family member a sheet of paper, a paint brush, and a paper plate with several shades of paint.
- Ask everyone to mix paint to create the colour that closely matches their own skin colour.
- Create your self-portraits using the colour mixes you have created, and other art materials for hair and facial features.
- Compare the colours of your self-portraits and celebrate the diversity of skin tones in your own family.
- You can also discuss other things that make each one of you unique, such as foods you like, interests, abilities, etc.

[Click here](#) for more information.