

The TN Child Care Resource & Referral Network employs 15 Family Engagement Quality Coaches who are located statewide. We provide referral, education and training services to parents, families, child care educators and communities.



## Diversity in Early Childhood

“Culture shapes not only our values and beliefs, but also our gender roles, family structures, languages, dress, food, etiquette, approaches to disabilities, child-rearing practices, and even our expectations for children’s behavior. In this way, culture creates diversity”. This statement, from the National Association for the Education of Young Children (NAEYC) is very wide and broad but helps us to better understand

culture in context. As a nation that is filled with so many people of so many backgrounds, we have an incredible opportunity to learn about and respect diversity in all our interactions. Classroom posters, language of paperwork sent home, and even themes can be small ways to incorporate culture into the early childhood environment. Family surveys can be a simple way to inquire of all families what would be most respectful to their culture and ideas to engage other families in this work. If we focus on the beauty in our differences, we can leave space for honor and respect towards all cultures in our environment— a goal that brings growth, understanding, and togetherness for all people.



## Parenting Tip - Diversity

When your children stare, make comments or ask questions about people who are different from them, your response is important. Children are naturally curious, so embrace opportunities to teach your children about diversity. Telling children to “stop staring” may send the message that differences are not okay. Instead, encourage your children to say “Hello” and show kindness. Be open when children ask you questions. If you are unsure how to answer, let them know you need time to think about it. You can always go back to children and say, “This morning, you asked me a question about...Let’s talk about it.” Also, model the respectful words, behaviors, and attitudes you want your children to show toward others, and create opportunities for your family to interact with people who are different from you.

## Family Activity

We all want our children to feel welcome in the classroom and world. What makes your child feel welcome in their childcare? Make a list of all the places you go where you feel welcome. What are ways that you can make someone else feel welcome there?



This conversation can become a family activity where you have your child draw pictures of these places or take pictures of them and share them in your childcare. We can help build social connections by being welcoming and friendly. A socially connected community is a place where everyone feels that they belong and can help build resilient families.

## CONTACT US

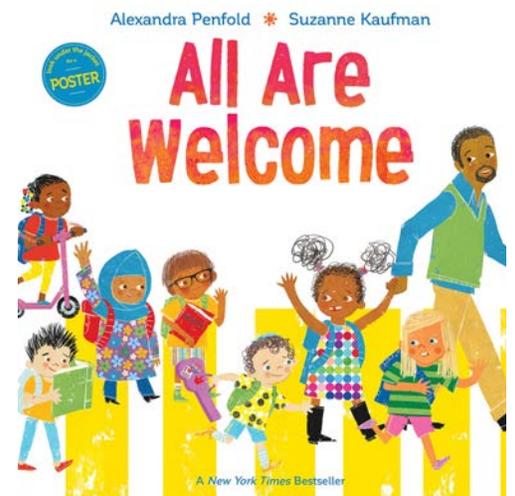
To reach an FEC Coach visit:  
[www.tnccrr.org](http://www.tnccrr.org)



## The Book Corner

*All Are Welcome* by Alexandra Penfold

A warm, welcoming picture book that celebrates diversity and gives encouragement and support to all kids. Follow a group of children through a day in their school, where everyone is welcomed with open arms. A school where kids in patkas, hijabs, and yamulkes play side-by-side with friends in baseball caps. A school where students grow and learn from each other's traditions and the whole community gathers to celebrate the Lunar New Year. *All Are Welcome* lets young children know that no matter what, they have a place, they have a space, they are welcome in their school.



To watch this book being read, visit <https://youtu.be/rFvbOAvWTYA>

## Cooking For Your Family

You can easily prepare foods for your family without spending a lot of money! Try these tips to save time, money, and stress when making meals for your friends or family.

1. Keep it Simple- Healthy and creative meals do not have to be complicated. A simpler menu will usually cost less money and will be easier to prepare in the end.
2. Allow your Family to Help- Divide jobs among family members. Remember -- kids love to be in the kitchen! With help, you can get more done and have more time to enjoy with your family.
3. Stretch Recipes by Adding Ingredients- Get more servings out of your favorite recipes! Add rice to soups or stews, frozen vegetables to favorite pasta dishes, or beans to burgers to serve more meals.
4. Make it a Potluck- Potlucks are a great option for large families. If you are hosting, prepare the main dish and leave the sides to the rest of the family. It creates less work for you and allows everyone to make and sample each other's creations!
5. Need Assistance? Discover more about nutrition assistance including Supplemental Nutrition Assistance Program (SNAP), Women, Infants, and Children (WIC), or Child Nutrition Programs.

