

PARENTING MADE SIMPLE

Modern family

Help your child cope with the various aspects of being part of a multiracial family



Being part of a multiracial family is a beautiful thing, however, like all families it also comes with a few unique challenges of its own. In a world that is bound to not only question you, but your child as well, it's important to build them up before the world tries to tear them down. Based on the American Academy of Child and Adolescent Psychiatry, here are a few key areas to focus on that can help lead your child on the path to being comfortable in their own skin, as well as the family that they're in.

EMBRACE THE CULTURES OF BOTH PARENTS

One of things that helps a child become confident and secure in who they are is understanding where they come from. In a multiracial family, it's

important that your child learns about the various aspects that make up the culture and traditions of each parent. Depending on the contrast, your child may favour one parent's culture over the other and this is totally fine. They will most likely switch back and forth depending on their age in order to 'fit in'. The main goal is to make sure that your child understands that there is nothing wrong with being different and that it's worth celebrating.

DEVELOP COPING SKILLS

More likely than not, your child may have to deal with questions or bias regarding their race or background. Another child at school may ask 'Is that your real mom?' or a stranger in the mall may stare at your family a little too long. Find out how this makes your child feel, then explain

to them that some people don't know the things your family does. Help your child understand that some people make negative comments because they don't know enough on the matter.

HIGHLIGHT MULTIRACIAL INDIVIDUALS AS ROLE MODELS

Establish a community support system through friends and family, and if possible, go to places or areas where there are people of various cultures. Also, be sure to expose your child to books, movies and TV series that show multiracial individuals in key roles. It's imperative that your child sees people like them not only in their immediate surroundings but also in the world at large, as this will help them feel a sense of belonging and build up their confidence. 