

Celebrating Heritage

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How can we teach our children to respect people who are different than they are? One way we can do this is by teaching them about themselves and others. February is the beginning of the Heritage Month celebrations for 2018. Here is the schedule for each month that a cultural heritage is designated to be recognized. Additional information can be found on the [Diversity Central website](#).

Month	Heritage Celebrated
February	African American History Month
March	National Women's History Month, Irish-American Heritage Month
May	Asian Pacific American Heritage, Older Americans Month and Jewish American Heritage Month
June	Gay Lesbian Pride Month

September	National Hispanic-Latino Heritage Month (Sept. 15-Oct. 15)
October	National Disability Employment Awareness Month and National Italian American Heritage Month
November	National American Indian Heritage Month

Teaching About Cultural Heritage

There are many informative online resources for parents to use. They provide historical information, book lists for different age groups and reading levels, opportunities for writing, and hands-on activities. I have listed a sampling of these resource websites including some geared toward pre-adolescents and adolescents in grades 4-12. Older children and teens, as well as younger children, can thoughtfully express their feelings about what they are learning orally or in writing. Reading and other activities will likely prompt questions that can lead to in-depth discussions.

[African-American History Month](#)

[This is What Teaching Our Kids About Women's History Really Looks Like](#)

[5 Ways to Celebrate Asian Pacific American Heritage Month](#)

LGBT Pride Month: How Parents Should Approach the Subject with Their Children

Resources to Celebrate Hispanic Heritage Month with Your Kids

Positive Impact

Children benefit from learning about people who are different than they are. They also benefit from learning about their own ethnic and cultural heritage. Show your children pictures of their relatives and ancestors. Tell them their stories. Create a family tree with your kids.

When children learn their own family's history, they are better able to relate to the histories of others. They can find similarities in other people's hardships and triumphs. They can also connect to others and have compassion for other people's struggles. Compassion and understanding lead children to focus on how people are similar, rather than on how they are different. This will have a positive impact on how children will interact with and treat each other.

Wishing you happy and prosperous New Year with love and affection,

Rosemarie

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