

PARENT GUIDE



Welcome to the Transracial Journeys/June-in-April calendar and activity deck. Each month has a theme and corresponding questions, conversation starters, and prompts for having more regular and intentional conversations about adoption, identity, and differences of race. ***We hope you find this 12-month approach meaningful and fun!***

Activating a new family ritual

Unless otherwise specified, the questions are designed for the children to ask the adults/grown-ups. Here is a suggested weekly breakdown for using the cards each month.

Week 1: Parents prep and reflect

- Using the activity deck, review the month's theme and prompts
- Check-in with any emotions that come up for you and discuss with your partner, a trusted friend, or loved one
- Be intentional when thinking about the best time to create the family ritual

Week 2: Pick card 1 read/discuss

Week 3: Pick card 2 read/discuss

Week 4: Pick card 3 read/discuss and close out the month with any insights, challenges and new ideas for the next month.

Parents/Grown-ups: Read these tips before you jump in with the young people entrusted to you:

- Explore the calendar and deck on your own and think about the prompts/questions - maybe even write a few things down
- Have conversations with other trusted grown-ups first and anticipate any questions that may come from the children/young people
- Be sure you are centered and ready before diving into the conversations
- If you already have these kinds of conversations with children/young people, challenge yourself to take it to the next level
- Explain to children their role and how they will be able to ask questions to you as their parent

Tips

- Notice how you felt before, during, and after the conversations
- Notice any conversations that come up within a couple of days after you have your family "calendar time" and maybe even send yourself a calendar reminder to check in with your kids in a few days - "I was just thinking about how (insert feeling here) it felt to talk to you about (insert topic here) and wondered how you were feeling?"
- If your kids want to skip a month or a week, give grace but you as parents/grown-ups should still make the effort to explore the questions/prompts without them
- If you are inspired, ask follow-up questions to keep the conversation going

Note: Planning for conversations surrounding this calendar does not mean that the only time you spend talking about adoption and differences of race will be when engaging with the prompts, questions, and thought starters. Doing more of this will give everyone in the family practice in steering into topics that may, at times, be uncomfortable or hard and continue to build your family's culture of openness and transparency.

