



February is Black History Month!

This is an amazing time to celebrate the accomplishments of individuals AND the rich history of the black community! Below you'll find some **Do's and Don'ts for Black History Month**. We're adding suggestions on ways that you may want to incorporate Black History in your match.

- 1. DO** celebrate Black History even if you don't identify as Black or African American. Black History is for everyone and regardless of race or ethnicity, it's important to learn about the accomplishments of black men and women.
- 2. DON'T** focus only on men and women that overcame slavery or segregation! The stories of Civil Rights leaders and former slaves are an incredibly important part of history. But it's just as important to talk and learn about Black accomplishments in science, technology, mathematics, medicine, art, literature, theater, and athletics.
- 3. DON'T** forget that Black History is US history. And it's World History. As such, make Black History something that's important year-round.
- 4. DO** your own research on Black History before your outings
- 5. DON'T** force your Little to talk about their own experiences if they aren't comfortable doing so.



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THINGS TO DO

1. Do a research project with your Little and learn about one of these amazing people! Madam CJ Walker, Langston Hughes, Hammerin Hank Aaron, Claudette Calvin, Oprah Winfrey, Alice Ball, Jackie Joyner-Kersey, Dorothy Vaughan, Gordon Parks, BB King, Alex Haley, Zora Neale Hurston, Maya Angelou, Beyonce or Muddy Waters.
2. Check out some CD's and have a listen to the jazz and blues greats! And then encourage your Little to play their instrument for you.
3. Read a poem together and then try to recreate your own poems!
4. Visit the Evansville African American Museum
5. If you're crafty, make a construction paper Freedom Quilt.
6. Make a Kente cloth picture frame using construction paper.

THINGS TO WATCH

****Always make sure your choice is Guardian approved!**

1. Hidden Figures
2. That's So Raven together
3. The Princess and the Frog
4. Black History with Kevin Hart on Netflix
5. Queen of Katwe
6. 42
7. Black Lightning
8. K.C. Undercover
9. Sister Sister
10. Black-ish, Grown-ish, or Mixed-ish
11. Soul (Disney+)

Most streaming services include a section for black voices to be heard and seen. In HBO Max, this is called "Black Voices". For Hulu, it's under "Black Stories". On Disney+, they have a section to "Celebrate Black Stories". We encourage you to explore, learn and listen to things that are important to your Little's culture and heritage.

Disclaimer: Before watching movies or television shows with your Little, especially pertaining to historical events, please do some research beforehand. Many programs portray real violence, aggression, and hate against members of the black community. This violence towards black bodies can be triggering and painful for adults and children to watch. While it may help you better understand Black Trauma, it may not be suitable for your Little to watch.