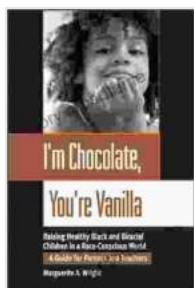


Raising Healthy Black and Biracial Children in a Race-Conscious World: A Guide for Parents

As a parent of a Black or biracial child, you want to do everything you can to ensure that they grow up healthy and happy. But in a world where race can impact every aspect of a child's life, parenting can be a challenge.



I'm Chocolate, You're Vanilla: Raising Healthy Black and Biracial Children in a Race-Conscious World

by Springhouse

★★★★☆ 4.5 out of 5

Language : English

File size : 3652 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 304 pages

Lending : Enabled



This book is a comprehensive guide to raising healthy Black and biracial children in a race-conscious world. It provides parents with the information and tools they need to help their children navigate the challenges of growing up Black or biracial in America.

The book covers a wide range of topics, including:

- The importance of racial identity and how to help your child develop a positive sense of self

- The challenges of raising Black and biracial children in a racist society
- How to talk to your child about race
- How to help your child cope with discrimination and racism
- How to create a supportive and inclusive environment for your child

This book is an invaluable resource for any parent who wants to help their Black or biracial child thrive in a race-conscious world.

About the Author

Dr. Joycelyn Elders is a pediatrician and public health advocate who has dedicated her career to improving the health of children. She served as the Surgeon General of the United States from 1993 to 1994 and is the author of several books on parenting and child health.

Reviews

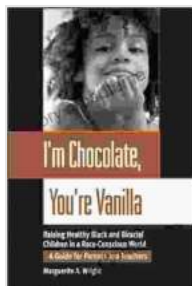
“This book is a must-read for any parent of a Black or biracial child. It is full of practical advice and support that will help you raise a healthy and happy child.” – Michelle Obama

“This book is a powerful and important guide to raising Black and biracial children in a world where race matters. It is essential reading for any parent who wants to help their child thrive.” – Oprah Winfrey

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This book is available in hardcover, paperback, and ebook formats. Free Download your copy today and start raising a healthy, happy, and successful Black or biracial child.

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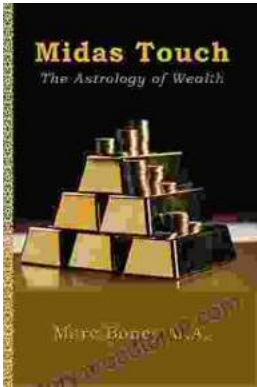
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