

6 Ways to Engage With Your Family Around Cultural Heritage Months

Teara Flagg Lander, Ed.D.

As we adjust to our new normal, be it working remotely, Zoom schooling, and most recently a snowstorm, many of us are looking for ways to continue learning about various topics that relate to diversity, equity, and inclusion. One of those ways is by educating yourself on the many cultural heritage months celebrated throughout the year.

Since we are in February, I will start with Black History Month. The list below can help you engage individually or with you family.

1. **Educate yourself.** This month, [Anti-racism Daily](#) has shared a little known Black history fact, group, or person every day.
2. **Know yourself.** Understand your limitations. If you are not a crafty person, don't plan to engage in a ton of crafts. Perhaps a movie or puzzle is more appropriate for your children or audience.
3. **Know your audience.** Finding age-appropriate activities is key. For your children, you could discuss Black inventors or have them make stoplights and talk about Garrett Morgan. If your audience is older, you could watch a show or listen to a [podcast](#) and make time to discuss it afterwards.
4. **Read! Books** like *Little Legends* by Vashti Harrison, *The Vanishing Half*, or *A Promised Land*, are full of short stories about Black men and women. While you are searching for books, support a [Black-owned](#) bookstore.

5. **Get creative and think outside of the box.** There are many historically prominent figures within the Black community, but there are also people making history as you read this article. If you or your audience prefer a present day history maker, that's fine too!

6. **Take your time and give yourself grace.** You won't know all there is to know about a culture in one month, but you can create a foundation for knowledge and interest.

These six suggestions can be used during any cultural or heritage month. Learning more about any culture or heritage takes intention and time, but it is important to start. These ideas will help you to narrow your focus as you continue to expand your understanding of diversity, equity, and inclusion.

