

40 Ways to Increase Multiculturalism in Transracial Families

To increase multiculturalism in the family, the following list of 40 items can serve as a guide.

1. Choose a multicultural babysitter or respite provider
2. Choose a multicultural faith environment
3. Choose a multicultural physician
4. Choose a multicultural dentist
5. Choose to adopt a multicultural vacation location
6. Choose a multicultural grocery shopping environment that also has traditional cultural food
7. Choose multicultural daycare and schools
8. Choose a multicultural mentor for your child
9. Choose a multicultural mentor for the parent
10. Choose to live in a multicultural neighbourhood
11. Choose a regular multicultural entertainment venue
12. Choose multicultural artwork i.e. pictures, statues (preferably from the child's culture of origin)

13. Choose multicultural reading material, books, magazines, and poetry, donate multicultural books to libraries and request libraries to purchase books or videos of colour
14. Choose multicultural toys that reflect the child's race and ethnicity (dolls, superheroes, cartoon figures, lunch boxes, etc.)
15. Choose multicultural restaurants as families favourites
16. Choose to cook multicultural foods as a usual menu item
17. Choose to highlight multicultural inventors, teachers, community members, or choose a favourite actor or actress of colour and extol their virtues as the desired standard
18. Choose multicultural music and musicians as your family favourites
19. Choose multicultural movies to own or rent
20. Choose multicultural cartoons, TV shows
21. Choose to engage in multicultural guided activities and extol the virtues of people of colour during the news, newspaper, TV or movie watching
22. Choose multicultural clothing and traditional dress
23. Choose to attend multicultural celebrations, community events, and celebrate multicultural holidays
24. Choose multicultural hair salons, barbershops and hairstyles
25. Choose to join multicultural professional associations

26. Choose multicultural community centers or health clubs to join or frequent
27. Choose multicultural camps, community groups
28. Choose multicultural friends and families whose house you go to for dinner and hang out with (vacation together, camping, long term close relationships)
29. Choose to create or join multicultural play groups, support groups, playgrounds
30. Choose multicultural people to join your family as extended or honorary family members to play the role of auntie, uncle, cousin or grandparents
31. Choose a multicultural place of employment that has people of colour in leadership positions, and as co-workers
32. Choose multicultural issues or causes identified by a community of colour to join, fight or advocate for
33. Choose multicultural agencies, events, and environments to volunteer for
34. Choose to learn a language together
35. Choose a multicultural hobby or interest, learn the traditional artwork, dance or practices of the child's culture of origin
36. Choose a multicultural class at a university, surf the net, read books, become a life long learner of multiculturalism
37. Choose multicultural holiday cards, stationary, commercial products, request these at stores

38. Choose to volunteer at your child's school to celebrate ethnic history months, i.e. volunteer to read multicultural books, tell stories, give multicultural posters
 39. Choose to educate family members, friends, school and community about the value of multiculturalism
 40. Choose to recognize the added value that living a multicultural life has for each family member
- ** Remember, cultural diversity of any kind is better than none!**

Adapted from: Iowa Foster and Adoptive Parents Association ©2007 by Robert O'Connor www.transracialadoptiontraining.com