



# Appreciate Differences

## *Tips to Talk About Diversity with Your Preschooler*

- Adults play an important role in helping embrace differences. Your reaction, behavior and words matter.
- Embrace questions. Young children do not need too many details. For example, they may ask about someone with a different skin color. You can say, “Yes, everyone has a unique skin color.” It’s okay if you don’t know the answer to a question. You can research the answer together. Questions and understanding help develop skills like empathy and tolerance.
- Help children appreciate the differences of others by providing fun activities where they can interact with diverse audiences.

## *Helping Preschoolers Appreciate Differences*

Talking about diversity helps children celebrate the unique differences in all people. This helps develop the knowledge and attitudes to thrive in a complex, diverse world.



# ***Children are always watching adults. We can help them see that the world is a beautiful place because we all contribute something that is unique and special.***

- Children as young as 2 ½ to 3 years begin to understand and notice differences and similarities between themselves and others. This makes it a great time to talk about respecting differences, and how we are all people who have the same emotions and basic needs.
- How children feel about differences in life are shaped by societal norms and responses from people around them. Start the conversation early for lifetime connection with others and curiosity about the world.
- How you respond and interact with other people and ideas helps children develop respect and value differences. Show empathy when you see someone being treated poorly or when someone says something unkind.

## **Fun ways to talk about differences:**

- A good starting point can be helping them talk about themselves. Talk about similarities and differences between their family and/or friends to show that we all are unique.
- Read books with characters that are of different races, family structures, or in a different place than your own.
- Take a road trip. Visit different restaurants, festivals that celebrate different cultures, museums or other places that feature diverse people.

**Anything you do to talk and learn about differences helps children develop lifetime social skills, respect for others, and opens up their world.**



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