

Black History Month

Black History Month is a time to honor and reflect on the rich heritage, achievements, and resilience of African Americans throughout history. Originally established as “Negro History Week” in 1926 by historian Carter G. Woodson, it evolved into a month-long observance in 1976. Each February, we pause to celebrate the central role African Americans have played in shaping our nation, while also acknowledging the challenges and triumphs that continue to define Black history today!



Why is Black History so important?

Building cultural awareness:

No matter the child’s ethnicity, studying Black history broadens their perspectives and cultivates empathy. This knowledge helps reduce stereotypes and fosters unity among diverse communities.

Honoring children’s heritage:

Teaching children about Black History Month ensures that they understand the resilience and perseverance of African American communities throughout history. By learning about the individuals who fought for equality, justice, and freedom, children gain a sense of pride and respect for that heritage.

Inspiring the next generation:

By highlighting groundbreaking artists, inventors, activists, and everyday heroes—including fathers—young minds see possibilities for their own futures. Learning about the achievements and struggles of African Americans can motivate children to pursue their dreams and make a positive difference.

Ways to Learn About Black History Together

- ◆ Choose age-appropriate books, picture books, and biographies focusing on inspiring African American figures. Incorporate nightly or weekly story times, and invite children to discuss the books and ask questions.
- ◆ Use documentaries, short videos, or even interactive games to teach children about important historical events. This variety in media keeps learning fun and memorable.
- ◆ Encourage children to engage in arts and crafts related to Black history—like creating collages of influential Black figures or making timelines of significant events.
- ◆ If possible, attend local events or visit museums that focus on African American art, history, and culture. These hands-on experiences reinforce classroom learning and personal connections.
- ◆ Black History is still in the making! Black parents and guardians can serve as real-life examples by leading conversations about heritage and identity and by sharing their own stories, hopes, dreams, and family traditions.

