Today’s piece is prepared by Sade Rodriguez, MD, based on a NY Times story [How to Diversify Your Toy Box](https://www.nytimes.com/2020/08/03/parenting/multiracial-toys-diversity-play.html?auth=link-dismiss-google1tap)

The journalist begins by sharing a reflection of her childhood to demonstrate to caregivers the importance of incorporating multicultural toys/activities for all children. With quotes from medical professionals, the article further explains diversity though play as well as how play shapes a child’s social learning and hints at how race may impact such a process. The journalist then discusses how she accomplishes diversity through play with her own child and later targets parents by presenting introspective questions to her audience. Afterwards, she categorizes the types of activities/play for children and provides recommendations to families for each category. She uses many persuasive techniques to effectively convince her audience, including storytelling, repetition, and excerpts from research plus healthcare professionals.

Despite the risk for bias given the journalist’s injection of personal experience among other factors, she addresses the topic of diversity comprehensively by expanding to reach not only race, but also ability, gender identity, faith, and age. Yet, the evidence provided to support the article is rather limited. The journalist refers to one research finding without elaborating on the origins or conclusions of the study and highlights one study dating back about 80 years. While it is important to note our history to better understand our present and future, it would be worthwhile to also discuss current research and share concrete scientific evidence of how racism and discrimination negatively impact the development of children from all backgrounds.

**RESOURCES ON RACE AND DIVERSITY:**

[Talking to Children About Racism: The Time is Now](https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-about-Racism.aspx) American Academy of Pediatrics  
[Kids' books](https://depts.washington.edu/dbpeds/Diverse%20Families_children-books.pdf): Children’s Books that Include Diverse Family Structures US-DHHS

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