

Caregiver's Guides VOLUME 1

Three Kings' Day



Caregiver's Guide to Three Kings' Day

HISTORY

Jan. 6 is a significant day for Latin America and Spanish-speaking countries and the people who observe Día de Los Reyes, also known as Three Kings' Day or the Feast of the Epiphany. Celebrations are most common in Spain, Mexico, Argentina, Paraguay, Uruguay, and Peru.

Three Kings' Day is a Christian tradition remembering the wise men's gifts of gold, incense, and myrrh to baby Jesus. It's a day of food, festivities, and gift-giving. In fact, many families—especially in Latin America and Spain—exchange gifts on Día de Los Reyes instead of Christmas Day.



Caregiver's Guide to Three Kings' Day

TERMINOLOGY

Learning and using accurate terms encourages cultural understanding and sensitivity. Here are a few of the most common:

Ponche: A fruity punch that's often consumed during the holiday season in Mexico. It's typically served warm with plenty of fresh-cut fruit

Rosca de Reyes: A sugary bread shaped like a wreath that is meant to symbolize the gifts given to baby Jesus. Inside the bread is a plastic baby, symbolizing baby Jesus. The party-goer who uncovers this figurine in their slice is considered to be blessed with good luck, and must make tamales or host the other partygoers on Feb. 2

Atole: A thick, warm drink made of corn and flour



Caregiver's Guide to Three Kings' Day

BOOKS

When children and youth are placed into foster care, away from parents, siblings, and extended family—they can lose their cultural identity. That is why supporting, encouraging, and honoring a child's race, ethnicity, and culture is so important. While this may seem hard, one way to support a strong cultural identity is through literacy!

HERE ARE THREE BOOKS WE RECOMMEND:



*Los Tres Reyes Magos:
Colors-Colores*
Patty Rodriguez



Three Kings Day
Marisa Boan



*The Story of the
Three Wise Kings*
Tomie dePaola





Lunar New Year



Caregiver's Guide to Lunar New Year

HISTORY

Lunar New Year is the celebration of the arrival of spring and the beginning of a new year. It is the most important holiday in China and is also widely celebrated in South Korea and Vietnam. While the holiday's official dates vary by culture, those celebrating consider it the time of the year to reunite with immediate and extended family. At home, families decorate windows with red paper, adorn doors with wishes for the new year, and celebrate with dishes representing abundance, good luck, and fortune.

Each year in the Lunar calendar is represented by one of the five elements and one of 12 zodiac animals: the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and pig.



Caregiver's Guide to Lunar New Year

TERMINOLOGY

Learning and using accurate terms encourages cultural understanding and sensitivity. Here are a few of the most common:

Ya Sui Qian: Refers to “lucky money” given to children by elders in red envelopes during the New Year season.

Lantern Festival: Held on the fifteenth and final day of the holiday, where people carry lanterns around the neighborhood at night to mark the end of the celebration and symbolize harmony and unity.

Lion Dance: A traditional Chinese dance performed in a lion costume meant to bring good fortune and chase away evil spirits.



Caregiver's Guide to Lunar New Year



BOOKS

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HERE ARE THREE BOOKS WE RECOMMEND:



Lunar New Year
Hannah Eliot



*Bringing in
the New Year*
Grace Lin



*Ruby's Chinese
New Year*
Vickie Lee





Black History Month

Caregiver's Guide to Black History Month

HISTORY

Each February, Black History Month honors the achievements, culture, and history of Black Americans. It is an opportunity to recognize where systemic racism persists, and give visibility to the people and organizations creating change.

The month-long observance began in 1926 as a week-long event created by Carter G. Woodson, known as the “father of Black History” and the founder of the Association for the Study of African American Life and History (ASAALH). During the 1960s, the week-long observance became a month-long celebration on many college campuses. Since 1976, February has been officially designated as Black History Month.



Caregiver's Guide to Black History Month



TERMINOLOGY

Learning and using accurate terms encourages cultural understanding and sensitivity. Here are a few of the most common:

Black: People of African descent, no matter their nationality.

African-American: Refers to people born in the United States and have African ancestry.

People of Color: Originally meant to be a synonym of “Black,” but its meaning has expanded to accommodate Latinos, Asians, Native Americans, and other non-white groups.



Caregiver's Guide to Black History Month



BOOKS

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HERE ARE THREE BOOKS WE RECOMMEND:



*The 1619 Project -
Born on the Water*

Nikole Hannah-Jones &
Renee Watson



*The ABCs of
Black History*

Red Cortez



*Young, Gifted,
and Black*

Jamia Wilson



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Women's History Month

Caregiver's Guide to Women's History Month



HISTORY

March is Women's History Month, which commemorates and encourages the study, observance, and celebration of the vital role of women in American history. From science to politics, Women's History Month is a chance to reflect on the trailblazing women who lead the way for change.

The current month-long observance began with educators in Santa Rosa, California, who first celebrated Women's History Week in March 1978 to increase awareness of women's contributions to society. The week-long event officially turned into a month in 1987 when Congress passed a resolution designating March as Women's History Month.



Caregiver's Guide to Women's History Month



NOTABLE INDIVIDUALS

Susan B. Anthony: A women's rights activist and American social reformer, who played a critical role in the women's suffrage movement, helping to lead the way for women to vote.

Fannie Lou Hammer: A powerful voice of the civil and voting rights movements and a leader in the efforts for greater economic opportunities for African Americans.

Dolores Huerta: Co-founder of the United Farm Workers Association, Dolores is one of the most influential labor activists of the 20th century and a leader of the Chicano civil rights movement.



Caregiver's Guide to Women's History Month



BOOKS

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HERE ARE THREE BOOKS WE RECOMMEND:



***A is for Awesome!:
23 Iconic Women Who
Changed the World***
Eva Chen



Hidden Figures
Margot Lee Shetterly



***Good Night Stories for
Rebel Girls: 100 Tales of
Extraordinary Women***
Elena Favilli



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Arab-American Heritage Month

Caregiver's Guide to National Arab-American Heritage Month

HISTORY

Every April, the country celebrates Arab-American heritage and culture. It is a time to honor the contributions of Arab-Americans and Arabic-speaking Americans. Immigrants with origins from the Arab world have been arriving to the United States since before our country's independence and have contributed to our nation's advancements in science, business, technology, foreign policy, and national security.

The celebration of the holiday has previously been observed sporadically in various states and at different times of the year since the 1990s until 2017 when Arab America began a national initiative to coordinate all states under National Arab-American Heritage Month.



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Caregiver's Guide to National Arab-American Heritage Month

TERMINOLOGY

Learning and using accurate terms encourages cultural understanding and sensitivity. Here are a few of the most common:

Arab: Is a cultural and linguistic term. It refers to individuals who speak the Arabic language as their first language.

Muslim: Refers to individuals who practice the religion of Islam.

Middle Eastern: Describes people from the Middle East, which is a region that shares common factors like ethnic groups, geographic features, religious beliefs, and political history. The Middle East includes Arab countries from Egypt east to the Persian Gulf, plus Israel and Iran.



Caregiver's Guide to National Arab-American Heritage Month

BOOKS

When children and youth are placed into foster care, away from parents, siblings, and extended family—they can lose their cultural identity. That is why supporting, encouraging, and honoring a child's race, ethnicity, and culture is so important. While this may seem hard, one way to support a strong cultural identity is through literacy!

HERE ARE THREE BOOKS WE RECOMMEND:



*The Gift of
Ramadan*

Rabiah York Lumbard



*The Proudest Blue: A
Story of Hijab and Family*

Ibtihaj Muhammad

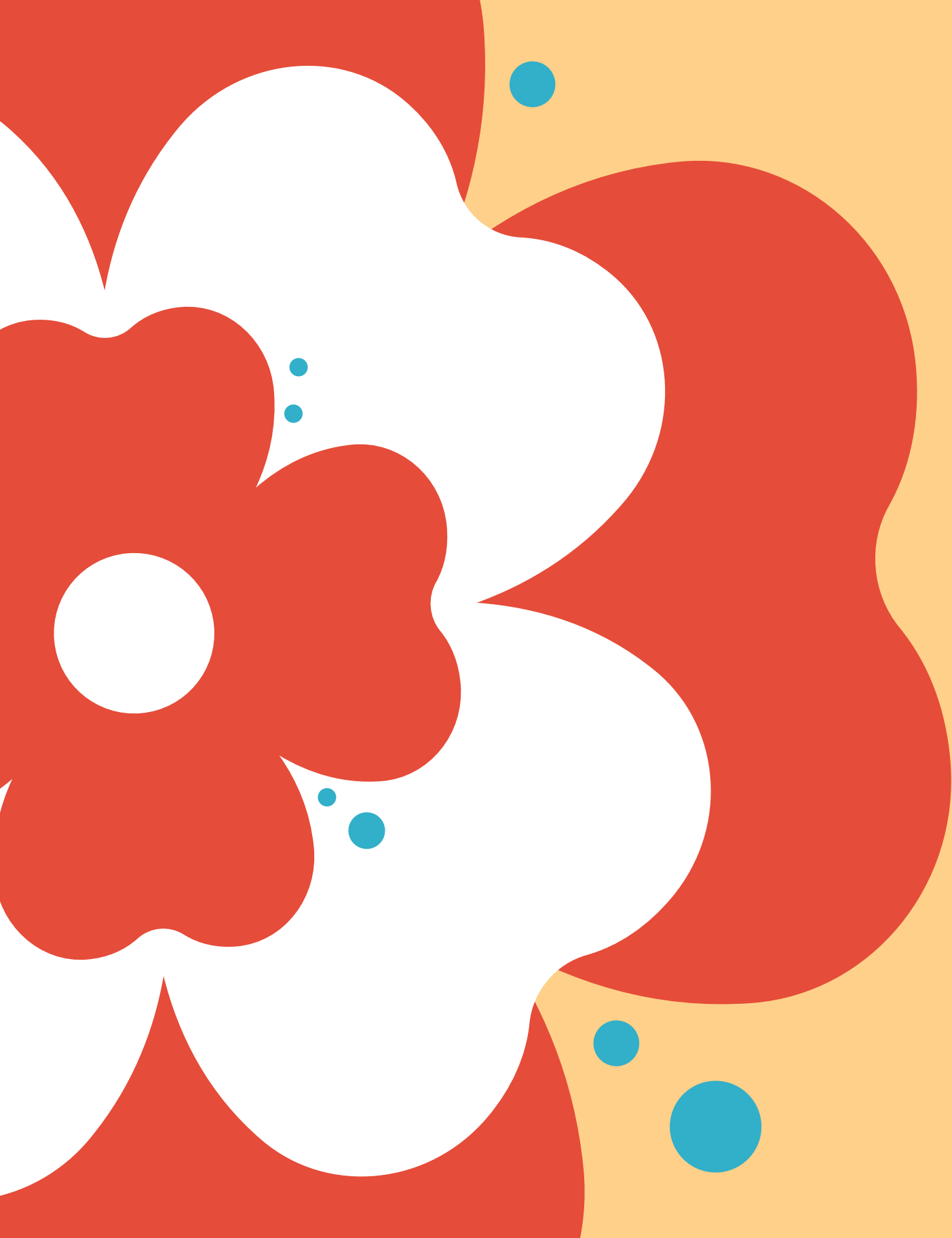


Muslim Girls Rise

Saira Mir



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Asian American, Native Hawaiian, and Pacific Islander Heritage Month

Caregiver's Guide to Asian American, Native Hawaiian, and Pacific Islander Heritage Month



HISTORY

Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month celebrates the contributions that generations of AANHPIs have made to American history, society, and culture.

In 1992, Congress established May as Asian American and Pacific Islander Heritage Month to coincide with two key milestones: the arrival of the nation's first Japanese immigrants (May 7, 1843) and Chinese workers' pivotal role in building the transcontinental railroad (completed May 10, 1869). In 2021, a presidential proclamation expanded this to include Native Hawaiians in celebration of their unique history, culture, and contributions.



Caregiver's Guide to Asian American, Native Hawaiian, and Pacific Islander Heritage Month



TERMINOLOGY

Learning and using accurate terms encourages cultural understanding and sensitivity. Here are a few of the most common:

Asian: Refers to people with origins of the Far East, Southeast Asia, or the Indian subcontinent.

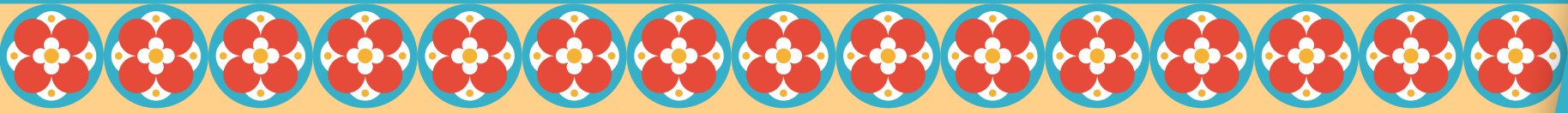
Native Hawaiian: Refers to the indigenous or native people of the Hawaiian Islands.

Pacific Islander: Refers to people having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands.

Samoaan: Refers to native or inhabitants of Samoa.



Caregiver's Guide to Asian American, Native Hawaiian, and Pacific Islander Heritage Month



BOOKS

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HERE ARE THREE BOOKS WE RECOMMEND:



*Asian Adventures
A-Z Foods*
Yobe Qiu



*When You
Trap a Tiger*
Tae Keller



*Asian Americans
Who Inspire Us*
Analiza Quiroz Wolf



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Juneteenth



Caregiver's Guide to Juneteenth

HISTORY

Juneteenth (a combination of “June” and “nineteenth”) commemorates the emancipation of African-American slaves. On June 19, 1865, Major General Gordon Granger announced the end of the civil war and slavery when he arrived in Galveston, TX. Although the Emancipation Proclamation came two and a half years earlier, on January 1, 1863, many enslavers continued to hold enslaved Black people captive after the announcement.

The first Juneteenth in 1866 was celebrated with food, singing, and the reading of spirituals, and it commemorated newly freed Black people taking pride in their progress. Today Juneteenth commemorates African American freedom and emphasizes education and achievement. Juneteenth became a federal holiday in 2021.



Caregiver's Guide to Juneteenth

NOTABLE INDIVIDUALS

Opal Lee: An American retired teacher, counselor, and activist in the movement to make Juneteenth a federally-recognized holiday. She is often described as the “Grandmother of Juneteenth.”

Al Edwards: A civil rights activist and former Houston legislator who helped Texas become the first state in the country to make the abolition of slavery an official holiday. He is also known as the father of Juneteenth.

Rev. Jesse Jackson: A civil rights, religious, and political activist. He has played a pivotal role in virtually every movement for empowerment, peace, civil rights, gender equality, and economic and social justice.



Caregiver's Guide to Juneteenth

BOOKS

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HERE ARE THREE BOOKS WE RECOMMEND:



Freedom, We Sing
Amyra Leon



Opal Lee and What It Means to Be Free: The True Story of the Grandmother of Juneteenth
Alice Faye Duncan



What is Juneteenth
Arlisha Norwood



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Americans with Disabilities Act



Caregiver's Guide to ADA

HISTORY

In the United States, July 26 is recognized annually as National Disability Independence Day, commemorating the signing of the Americans with Disabilities Act (ADA) into law in 1990. The ADA provides protection from employment discrimination and better access to goods, services, and communications for people with disabilities.

The law began by removing obstacles that people with disabilities faced daily. Over time, common barriers such as narrow doors and small bathroom stalls became accessible to wheelchairs. Other examples include braille signs and crosswalks for the vision impaired.



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Caregiver's Guide to ADA

NOTABLE FIGURES

Ed Roberts: Is known as the founder of the independent living movement. Ed was paralyzed from the neck down and became the first wheelchair user to attend the University of California Berkeley. He helped lead the 504 sit-in in San Francisco, a driving force for ADA.

Patricia Wright: Is known as a disability activist who is legally blind and was instrumental in enacting the Americans with Disabilities Act. She co-founded the Disability Rights Education and Defense Fund and fought for amendments to Fair Housing Act regarding people with disabilities.

Judy Heumann: Is known as the “Mother of the Disability Rights Movement.” She dedicated her life to fighting for disability rights and was one of the architects of the ADA.



Caregiver's Guide to ADA

BOOKS

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HERE ARE THREE BOOKS WE RECOMMEND:



I am Not a Label
Cerrie Burnell



Fighting for Yes!
Maryann Cocca-Leffler



The ABCs of Inclusion
Beth Leipholtz





Hispanic
Heritage Month

Caregiver's Guide to Hispanic Heritage Month



TERMINOLOGY

While many Hispanic ethnicities are often used interchangeably, they have different meanings. Here are a few of the most common:

Hispanic: Refers to people who speak Spanish or are descended from Spanish-speaking populations

Latino/Latinx: Refers to people who are from or descended from people from Latin America

Chicano: Refers to people of Mexican descent born in the United States

Boricua: Refers to people from Puerto Rico by birth or descent



Caregiver's Guide to Hispanic Heritage Month

HISTORY

September is National Hispanic Heritage Month, which celebrates and recognizes the cultures, histories, and contributions of the Latinx community. National Hispanic Heritage Month is celebrated annually across America from **Sept. 15 to Oct. 15**.

September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico and Chile celebrate their independence days on Sept. 16 and Sept. 18, respectively.



Caregiver's Guide to Hispanic Heritage Month



BOOKS

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HERE ARE THREE BOOKS WE RECOMMEND:



*First 100 Words,
English & Spanish*

Ana Godinez



*Where Are
You From?*

Yamile Saied Mendez



*The House on
Mango Street*

Sandra Cisneros



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LGBTQ+
History Month

Caregiver's Guide to LGBTQ+ History Month

HISTORY

October is LGBTQ+ History Month, an annual observance that celebrates the history, achievements, and contributions of the lesbian, gay, bisexual, transgender, and queer (LGBTQ+) community. It was founded by a high school teacher named Rodney Wilson, who sought to incorporate LGBTQ+ history and issues into the curriculum, and foster understanding and inclusion among students.

Wilson's efforts led to the establishment of LGBTQ+ History Month in October, coinciding with National Coming Out Day on October 11, which commemorates the anniversary of the 1987 National March on Washington for Lesbian and Gay Rights.



Caregiver's Guide to LGBTQ+ History Month

NOTABLE FIGURES

Marsha P. Johnson : A pioneering Black transgender activist who co-founded the Gay Liberation Front and played a pivotal role in the Stonewall uprising, a pivotal moment in the LGBTQ+ rights movement.

Harvey Milk : California's first openly gay elected official who was a determined advocate for LGBTQ+ rights. He was tragically assassinated in 1978 but his legacy has inspired future generations of activist.

Bayard Rustin : Bayard Rustin, an openly gay civil rights activist, was a key organizer of the historic 1963 March on Washington, advocating for civil rights and economic equality through nonviolent means.



Caregiver's Guide to LGBTQ+ History Month

BOOKS

As a caregiver, supporting, encouraging, and honoring a child's race, ethnicity, and culture is important so they feel connected to their family and community while in out-of-home care. Families are also encouraged to learn about civil rights and social justice issues that protect all children and youth from discrimination.

While it may seem hard, one way to support culture and inclusion is through literacy!

HERE ARE THREE BOOKS WE RECOMMEND:



Love Makes a Family

Sophie Beer



ABC Pride

Louie Stowell



*Pride: An Inspirational History
of LGBTQ+ Movement*

Stella Caldwell



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The background features a dark red, wavy mountain range. Two large feathers are positioned diagonally: one in the upper left and one in the lower right. The feathers are composed of overlapping segments in shades of yellow, orange, and teal. The text is centered in the middle of the image.

Native American History Month

Caregiver's Guide to Native American History Month

HISTORY

November is Native American Heritage Month, or as it is commonly referred to, American Indian and Alaska Native Heritage Month. The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of our nation's first people.

In 1990, a joint resolution was passed by Congress and signed into law by President George H. W. Bush declaring November, Native American Indian Heritage Month. Within this joint resolution, Native citizens were recognized as America's original inhabitants who made essential contributions to both the United States and the world. In addition, Congress acknowledged Natives for their role in assisting the early European visitors to North America and Founding Fathers of the United States.



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Caregiver's Guide to Native American History Month

TERMINOLOGY

While there are many terms often used interchangeably for the Native American Culture, they all have different meanings. Learning and using accurate terms encourages cultural understanding and sensitivity. Here are a few of the most common:

Indigenous: Refers to the descendants of the peoples who inhabited the Americas, the Pacific, and parts of Asia and Africa prior to European colonization.

Native American: Refers to peoples living within what is now the United States prior to European contact.

American Indian/Alaska Native: Refers to a person having origins in any of the original peoples of North and South America (including Central America) and who maintains tribal affiliation or community attachment.



Caregiver's Guide to Native American History Month

BOOKS

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HERE ARE THREE BOOKS WE RECOMMEND:



*Native Americans
in History*
Jimmy Beason



*Finding
My Dance*
Ria Thundercloud



*Powwow
Day*
Traci Sorell





Hanukkah

Caregiver's Guide to Hanukkah



BACKGROUND

Hanukkah is an eight-day celebration observed by Jewish people to commemorate the rededication of the Second Temple of Jerusalem. Each evening, the Jewish festival is marked by the lighting of a candle on the menorah.

Hanukkah, or Chanukah, is celebrated on the 25th day of Kislev on the Hebrew calendar, typically in December.



Caregiver's Guide to Hanukkah



TERMINOLOGY

Chanukah: Hebrew word for dedication

Latke: fried potato pancake traditionally served during Hanukkah

Gelt: monetary gifts given as presents during Hanukkah

Menorah: nine-branched candelabrum that commemorates the holiday miracle



Caregiver's Guide to Hanukkah



BOOKS

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HERE ARE THREE BOOKS WE RECOMMEND:



You're My Little Latke
Natalie Marshall

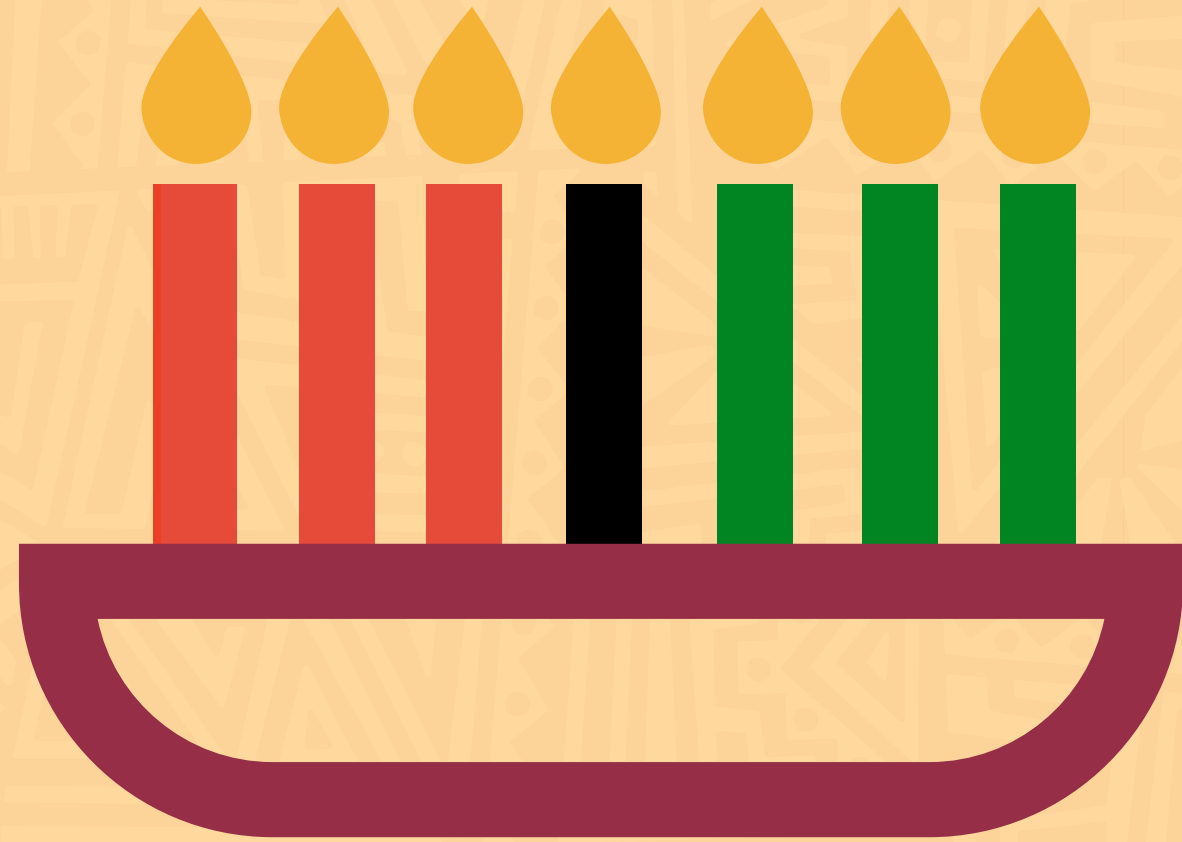


The Story of Hanukkah
David A. Adler



The 9 Candles of Hanukkah Tell the Tale
Noah Press





Kwanzaa

Caregiver's Guide to Kwanzaa



BACKGROUND

Kwanzaa, held Dec. 26 to Jan. 1, celebrates African American culture. The holiday is commemorated with songs, dances, drums, storytelling, food, and the lighting of candles to honor seven African-derived principles.

The holiday was created in 1966 by Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, Long Beach following the Watts Riots.



Caregiver's Guide to Kwanzaa



TERMINOLOGY

Kwanzaa: Refers to “first fruits” in Swahili

Nguzo Saba: Translates to seven principals in Swahili

Karamu: An African feast held on Dec. 31

Kinara: Candleholder



Caregiver's Guide to Kwanzaa



BOOKS

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HERE ARE THREE BOOKS WE RECOMMEND:



My First Kwanzaa
Karen Katz



The People Remember
Ibi Zoboi



*Li'l Rabbit's Kwanzaa: A
Kwanzaa Holiday Book for Kids*
Donna L. Washington



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