



Five Ways to Deal with Racism in Healthcare and Education

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CONNECTING FOR KIDS

PROGRAM PRESENTED IN PARTNERSHIP WITH MOTHER 2 MOTHER

Experiences of racism

- ▶ Micro-aggressions
- ▶ Outright discrimination
- ▶ Disregard
- ▶ Assumptions and stereotypes

Navigating unknown territory

- ▶ When we encounter education or healthcare professionals, we have no idea where they fall on the scale.
- ▶ This leaves us to navigate the systems and the people in them to get the results and engagement we need.

1. Nurture relationships

- ▶ Healthy relationships vs. transactions
- ▶ Creating a personal connection
- ▶ Talking about your goals
- ▶ Discussing concerns and limitations

2. Ask questions

- ▶ Get a clear understanding of the diagnosis.
- ▶ Build your expertise about your child.
- ▶ Pause for clarification.
- ▶ Engage in the process.

3. Ask for the help you need

- ▶ Don't assume resources will be offered
- ▶ Ask directly for what you need

4. Address conflicts

- ▶ Put your concerns into words.
- ▶ Give the professional a chance to address your concerns.
- ▶ Try to save the relationship.

5. Know when it's over

- ▶ Permanent damage to trust
- ▶ Repeated events
- ▶ Talk to the new provider about your past experience.