

**THE PINK SNOWSUIT PROJECT:
Resources for Parents, Caregivers and Educators**

**A project of Second Story Women's Centre and
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Organizations to Follow Online

These organizations frequently share helpful and thought-provoking resources.

Second Story Women’s Centre

website: www.secstory.com
 facebook: www.facebook.com/secstory/
 twitter: [@Sec_Story](https://twitter.com/Sec_Story)

South Shore Sexual Health

website: sexualhealthlunenburg.com
 facebook: www.facebook.com/shclc/
 twitter: [@shclc](https://twitter.com/shclc)

Sexual Health Nova Scotia

website: www.shns.ca
 facebook: www.facebook.com/shnovascotia/
 twitter: [@sexualhealthns](https://twitter.com/sexualhealthns)

Native Youth Sexual Health Network

website: www.nativeyouthsexualhealth.com
 facebook: www.facebook.com/The-Native-Youth-Sexual-Health-Network-154777717651/
 twitter: [@NYSHN](https://twitter.com/NYSHN)

The Youth Project

website: <http://youthproject.ns.ca>
 facebook: www.facebook.com/TheYouthProject/
 twitter: [@YouthProject_NS](https://twitter.com/YouthProject_NS)

Parenting

Book: Parenting Beyond Pink and Blue: How to Raise Your Kids Free of Gender Stereotypes by Christia Spears Brown, PhD 224 pgs ISBN 978-1-60774-502-0

This book provides a very good overview of gender stereotypes, what impact they have on children, and ways for caregivers to respond. The book has a number of practical and/or reflective side-bars that could form the basis of a discussion.

From the book's description:

Studies on gender and child development show that, on average, parents talk less to baby boys and are less likely to use numbers when speaking to little girls. Without meaning to, we constantly color-code children, segregating them by gender based on their presumed interests. Our social dependence on these norms has far-reaching effects, such as leading girls to dislike math or increasing aggression in boys.

Available from: South Shore Public Libraries Your Project Coordinator Lexicon Books
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In this practical guide, developmental psychologist (and other of two) Christia Spears Brown uses science-based research to show how over-dependence on gender can limit kids, making it harder for them to develop into unique individuals. With a humorous, fresh, and accessible perspective, 'Parenting Beyond Pink and Blue' addresses all the issues that contemporary parents should consider—from gender-segregated birthday parties and schools to sports, sexualization, and emotional intelligence. This guide empowers parents to help kids break out of pink and blue boxes to become their authentic selves.

Book: Hold on To Your Kids: Why Parents Need to Matter More Than Peers

by Gabor Maté, PhD and Gordon Neufeld, MD 325 pgs ISBN: 978-0-307-36196-7

Maté and Neufeld argue that, in order to have an impact on child's health and development, caregivers need to matter to their children. This book offer advices for creating relationships with children in a peer-oriented world.

From the book's description:

"A psychologist and a physician join forces to tackle one of the most disturbing and misunderstood trends of our time—peers replacing parents in the the lives of our children. Dr. Gordon Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behavior. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture.

Available from: South Shore Public Libraries Your Project Coordinator

"Hold on to Your Kids helps parents understand this disturbing phenomenon and provides solutions to restore the intuitive child-parent bond to its rightful preeminence. The concepts, principles and practical

advice contained in Hold On to Your Kids will empower parents to be for their children what nature intended: the true source of contact, security, and warmth.”

Beyond the Binary

Book: The Gender Creative Child: Pathways for nurturing and supporting children who live outside gender boxes by Diane Ehrensaft, PhD ; foreword by Norman Spack, MD 2016

From the book’s description:

In this comprehensive resource, Dr. Ehrensaft explains the interconnected effects of biology, nurture, and culture to explore why gender can be fluid, rather than binary. As an advocate for the gender affirmative model and with the expertise she has gained over three decades of pioneering work with children and families, she encourages caregivers to listen to each child, learn their particular needs, and support their quest for a true gender self.

Available from: South Shore Public Libraries

Chapter: “All My Queer Relations: Language, Culture, and Two-Spirit Identity”

Chapter 12 of Indigenous Writes by Chelsea Vowel

Toys, Clothing, Hobbies: Pink and Blue Washing

Article: Why Toys Are More Gender Divided Than Ever Before

Toronto Star, December 2017

Book: Pink and Blue: Telling the Boys From the Girls In America

by Jo B. Paoletti 170 pages

For anyone who’s interested in delving further into the history of children’s fashion in America, Jo B. Paoletti provides a fascinating overview.

Sex, Relationships, Self-Esteem

Relationships

Study: The Talk: How Adults Can Promote Young People’s Healthy Relationships and Prevent Misogyny and Sexual Harrassment

This American study finds that, while caregivers often worry most about hook-up culture, young people want and need more guidance about relationships. See the end of the study for tips on how to talk to young people about healthy relationships, and links to resources for educators and care-givers.

Body Shaming

[Article: 5 Secrets to Stop Body Shaming](#)

[Article: 3 things Parents Should Say To Girls To Help Them Build A Positive Body Image](#)

[Article: Body Shaming and Men](#)

Cyber-bullying

[Fact-sheet: What do you do when your child is the target of cyberbullying?](#)

Sexual Harassment

[Opinion: Tackling teen sexual harassment](#)

An opinion piece in the Boston Globe about a high school walkout protesting sexual harassment.

Self-Esteem

[Article: Why It's Okay to Say You're Not Fine](#)

An article about teaching girls to speak up and express their wants and needs.

[Article: Why I'm Not Teaching My Daughter To Be Polite](#)

An article about the dangers of forced politeness and affection.

Gender Roles in the Home

Emotional Labour

[Article: Women Aren't Nags, They're Just Fed Up](#)

If you want to get a conversation started about gender roles in the home, just mention emotional labour. This concept has been around for a while, but it has been pushed to the surface recently with a few viral articles. This usually shows up in the media in terms of heterosexual two-parent families, but single and LGBTQ+ parents relate to the topic as well.

[Article: Emotional Labour: The MetaFilter Thread Condensed](#)

This fifty page catalogue of emotional labour demonstrates just how deep and broad this issue goes.

Government Policy and Parenting

[Article: Why Parental Leave Rules Are Shutting Out Dads](#)

Do government policies around who stays home set couples up for long-lasting inequalities in parenting, work, and income? Can 'Daddy Days' actually change gender roles around unpaid domestic vs. paid work division in families, or is a broader shift needed in mainstream culture-- at home and at work?

Chapters: "Monster" and "Our Stolen Generations"

Chapters 20 and 21

from Indigenous Writes by Chelsea Vowel

How have government policies affected indigenous families and culture, and how do current policies perpetuate the same harms today?

Available from: South Shore Public Libraries Your Project Coordinator

Media

Documentary: Miss Representation

From the website

Miss Representation exposes how mainstream media and culture contribute to the under-representation of women in positions of power and influence in America.

Available from:
Netflix

The film draws back a curtain to reveal a glaring reality we live with every day but fail to see – how the media’s limited and often disparaging portrayals of women and girls makes it difficult for women to feel powerful and achieve leadership positions.

In a society where media is the most persuasive force shaping cultural norms, the collective message we receive is that a woman’s value and power lie in her youth, beauty, and sexuality, and not in her capacity as a leader. While women have made great strides in leadership over the past few decades, the United States is still 33rd out of the 49 highest income countries when it comes to women in the national legislature. And it’s not better outside of government. Women make up only 4.6% of S&P 500 CEOs and 17% of directors, executive producers, writers, cinematographers, and editors working on the top 250 domestic grossing films.

Stories from teenage girls and provocative interviews with politicians, journalists, entertainers, activists, and academics, like Katie Couric, Rosario Dawson, Gloria Steinem, Margaret Cho, Condoleezza Rice, Rachel Maddow, and Nancy Pelosi, build momentum as *Miss Representation* accumulates startling facts and statistics that will leave the audience shaken, but armed with a new perspective.

Documentary: The Mask You Live In

From the website

The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America’s narrow definition of masculinity.

Available from:
Netflix

Pressured by the media, their peer group, and even the adults in their lives, our protagonists confront messages encouraging them to disconnect from their emotions, devalue authentic friendships, objectify and degrade women, and resolve conflicts through violence. These gender stereotypes interconnect with race, class, and circumstance, creating a maze of identity issues boys and young men must navigate to become “real” men.

Experts in neuroscience, psychology, sociology, sports, education, and media also weigh in, offering empirical evidence of the “boy crisis” and tactics to combat it.

The Mask You Live In ultimately illustrates how we, as a society, can raise a healthier generation of boys and young men.

By the makers of *Miss Representation*.

[Article: Boys, Girls, and Media Messages](#)

An article with some practical tips to help your child become more critical of media.

Resources Specific to Mothers

Radio: Black Motherhood with El Jones

El Jones speaks to four black mothers about how race and motherhood intersect, requiring them to educate and protect their kids, while dealing with the prejudice they face themselves.

Why motherhood is different when you're black

Emily Bernard gives the history of black motherhood in North America and explains why "never being able to claim your children" during slavery has continued to impact black mothers. [LISTEN 8:55](#)

The challenges of loving my child in prison

Charlyn Ellis' son Nathanael has been in prison since he was 16. Charlyn's love for her son hasn't faltered once, even when she was confronted by the tragedy of his actions. She now supports other parents going through the struggle of loving children inside. [LISTEN 19:16](#)

Muslim & Black: Preparing my kids to face a racist world

Rania El Mugammar and Samiya Abdi are both black Muslim mothers in Toronto. They share how they talk to their kids about navigating racism and Islamophobia here in Canada. [LISTEN 19:33](#)

El Jones: A poem on Black Motherhood

Spoken word poet and Tapestry guest host El Jones explores how, for black moms, race and motherhood intersect, putting them in a complex position with its own particular challenges and joys. [LISTEN 2:52](#)

Resources Specific to Fathers

Radio: What Dads Can't Say CBC Radio [LISTEN TO FULL EPISODE](#) 54:00

This episode originally aired on January 29, 2017

A series of revealing conversations with fathers about their role in their families, how stereotypes constrain them and what they are doing about it.

I'm not a 'deadbeat' dad [LISTEN 8:10](#)

Hartley Ellis couldn't always make his child support payments. Does that make him a 'deadbeat dad'?

Love at first sight isn't always the case in fatherhood [LISTEN 3:32](#)

Jeff Wheeldon expresses his battle with not loving his newborn son.

This dad says work-life balance for fathers is actually a women's rights issue Josh Levs argues giving dads more job flexibility helps all families [LISTEN 10:05](#)

'I can't believe your wife let you take time off' [LISTEN 11:51](#)

The stigmas of being a stay-at-home dad

The making of a man [LISTEN 5:44](#)

Fathers of today try to figure out what the man of the future will be, so their sons can just be themselves

Gay dads navigate the taboos associated with single-sex parenthood [LISTEN 6:16](#)

Michael Went and Doug Kerr find themselves facing the subtle stigmas — and self-censorship — experienced by gay parents.

One dad overcompensates because of the myth of the absent black father [LISTEN 4:13](#)

Though research has countered the stereotype of the 'absent black dad', Zakiya Tafari says it's a stigma that follows him around and impacts how he parents.

Stories for Resilience, Resistance, and Change

A group of grandparents explored many of the resources above, but also found articles about memory and hope useful. How can grandparents share stories that help young people develop a sense of resilience?

*A group of Indigenous women talked about the importance of culture in helping their children develop a healthy sense of gender and relationships. We will be gathering Mi'kmaw-specific resources as well, but for now, I've included Leanne Simpson's book, *Dancing on our Turtle's Back* and Alanis Obomsawin's documentary *Mother of Many Children*.*

[Article: Rebecca Solnit on Hope in Dark Times, Resisting the Defeatism of Easy Despair, and What Victory Really Means for Movements of Social Change](#) from Brainpickings

[Article: The Family Stories That Bind Us](#) from the New York Times

[Book: *Dancing on our Turtle's Back: Stories of Nishnaabeg Re-creation, Resurgence, and a New Emergence*](#) 164 pgs by Leanne Simpson

From the book's description:

Many promote Reconciliation as a 'new' way for Canada to relate to Indigenous Peoples. In *Dancing on Our Turtle's Back: Stories of Nishnaabeg Re-Creation, Resurgence, and a New Emergence* writer, editor, and educator Leanne Simpson asserts reconciliation must be grounded in political resurgence and must support the regeneration of Indigenous languages, oral cultures, and traditions of governance.

Available from: South Shore Public Libraries Your Project Coordinator Lexicon Books
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Simpson explores philosophies and pathways of regeneration, resurgence, and a new emergence through the Nishnaabeg language, Creation stories, walks with Elders and children, celebrations and protests, and mediations on these experiences. She stresses the importance of illuminating Indigenous intellectual traditions to transform their relationship to the Canadian state.

[Documentary: Mother of Many Children](#) 57 minutes

NFB, 1977 by Alanis Obomsawin

From the website: This feature documentary portrays the proud matriarchal society of Indigenous womanhood. For centuries, these women have resisted adopting the different standards and customs forced upon them, continuing in their traditions and beliefs, convinced that they are a source of strength in the face of change.

Parenting In the Digital Age

[Website: Social Citizens](#)

This website has a blog with many useful articles. Also look for Nancy Smith's book with the same name, which is due out in February 2018.

From the website: Our goal is to provide a positive approach to social media & parenting in an evolving digital world. There is no shortage of fear-based social media resources out there. **Social Citizens** aims to be a balanced, helpful resource with credible information that is realistic for today's challenges of raising teenagers using social media. We offer an anti-doomsday approach to navigating the digital world and raising smart social citizens. You can do more than turn a blind eye and hope for the best. You can do better than attempting to drastically cut your child off from all modern technology. That doesn't equip them for life now, or when they enter adulthood. The world is online. There's no going back from that.

Just like we teach our kids not to let fear rule our decisions, we can arm them with the right tools to navigate the online realm and get the most out of what technology has to offer.