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How Parents Can Help Children Deal With Racism: Online Panel Discussion July 1

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Tagged as : [India Cultural Center Events 2020](#), [Madhu Mathur](#), [Rachel Jean-Baptiste](#), [Sunitha Prasannakumar](#)

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Parents are invited to an online panel discussion about what you can say or do to help your children talk comfortably about race, how to answer their questions about what is happening and why, and how to teach them to become resilient in these redefining times will be presented Wednesday, July 1 by the India Cultural Center (ICC) of Greenwich.

The panel discussion, starting at 7 p.m., features Rachel Jean-Baptiste, PhD, director of diversity, equity and inclusion at King School in Stamford; Dr. Madhu Mathur, a pediatrician; and Sunitha Prasannakumar, a licensed clinical social worker.

You can register for this free event [here](#).

The discussion around diversity and inclusion has become increasingly important. As the country begins to transition back to life before COVID-19, the Black Lives Matter movement has more momentum than ever with growing discussions surrounding race and discrimination.

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Children are coming out of a long shutdown due to COVID-19 and are re-entering a world that is grappling with racism. How children process the shutdown, their reactions to killings of black Americans, the protests <https://darienite.com> will impact their self-awareness and how they see themselves fitting into our community.

Parents are the key influencers in helping children navigate this period of remarkable change in what will inevitably become a memorable moment in their lives.

“At ICC our mission is to foster inclusion. We believe that the rainbow of humanity strengthens communities,” stated Margie French, Executive Director, ICC. “In response to the growing Black Lives Matter movement, we wanted to better prepare parents to have important discussions surrounding race and inclusion with their children.”

About the Panelists

Rachel Jean-Baptiste, PhD is Director of Diversity, Equity and Inclusion at King School in Stamford, Ct., author, and scholar. She is an experienced higher education and K-12 and administrator focused on inclusive educational excellence.

Dr. Jean-Baptiste is also a professor in African and global history and has worked in education in the U.S. and Europe. Her research interests include the history of sexuality and gender and women's history, marriage and family law, urban history, race, and citizenship.

Her current book project analyzes changes in racial thought, belonging, and citizenship in colonial Senegal, Gabon and Congo. Dr. Jean-Baptiste has a M.A. and a Ph.D from Stanford University and an A.B. from Bryn Mawr College.

Madhu Mathur, MD, MPH, is board-certified in pediatrics and the first physician in Connecticut to achieve board certification in obesity medicine. She founded the Lifestyle Medicine Center in Stamford to treat children with excess weight and nutrition issues and works with the child and parent in addressing the underlying causes of weight issues.

Dr. Mathur is also the medical director of the Medical Home Initiative in Southwestern Connecticut and co-chair of the Medical Home Advisory Council for the State of Connecticut.

She practices at Stamford Hospital and WESTMED Medical Group. Dr. Mathur received her MBBS degree and MD Pediatrics from Moti Lal Neru Medical College and a Master's in Public Health from Columbia University. She and her family are long-time Greenwich residents.

Sunitha Prasannakumar is a licensed clinical social worker who has counseled children and adolescents from a cross-section of socioeconomic and cultural backgrounds on racism bullying, depression, anxiety, eating and body disorders for 15 years.

Since 2017, Ms. Prasannakumar has been working with children in pre-K through high school and their families at Northside Center for Early Childhood Development in Harlem.

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Ms. Prasannakumar's focus is to help children with self-esteem and self-image issues grow into confident and loving young adults. Ms. Prasannakumar received a master's in social work from the University of Chicago and her undergraduate degree in psychology from Loyola University of Chicago. She lives in Greenwich with her husband and daughter who attends ICC classes.

India Cultural Center is a non-profit organization that celebrates the arts and culture of India. Its mission is to foster inclusion by educating and engaging the community in Indian culture.

Programs are targeted towards both the Indian American diaspora and the community at large. Visit [the ICC website](#) to learn more and follow ICC on Facebook and Instagram @ICCgreenwich