

CHILDREN & FAMILIES FIRST KALEIDOSCOPE

THE VIEWS, VOICES, & VISION OF OUR CFF FAMILY

AWARENESS

Throughout the year, the EDI Committee has helped increase awareness to the discrimination and outright racism communities of people continue to endure in the present day. We've celebrated national observances like Black History Month, Women's History Month, LGBTQ+ Pride, etc. and in August, we observe National Civility Month; a reminder to us that the world is a better place when we simply follow the golden rule – "treat others the way we want to be treated". Are we intentional in showing civility, grace, and adaptation towards others even when we don't agree on politics, religion, and community?

August also holds various observances that bring awareness to differences that go unnoticed but make way for each of us to take civility to the next level.

Communities of people sometimes overlooked and considered to be a minority have had to adapt to the culture of the majority time and time again. Some examples are left-handed people living in a right-handed world. Celebrated August 13th, lefties are a major example of human adaptation. August is also National Breastfeeding Awareness Month, which highlights the need for health equity so that people breastfeeding or chestfeeding have the option and opportunity to do so. How aware are we of the specific challenges around breastfeeding that are faced by the communities where we live and work? In August, we also observe Grief Awareness Day, a reminder that grief is a normal process that occurs after losing someone or something important. How conscious are we of the complexity of grief and how it impacts those we interact with?

We invite you all to be mindful of differences and challenges that may not directly impact you, but may be impacting your loved one, neighbor, client, or coworker in the office next to yours. Demonstrate civility through a willingness to listen, learn, and in some cases, adapt. Are we flexible enough to consider another's point of view or respectfully agree to disagree? Can we make civility towards each other palpable even when there is a disagreement? Let's choose to be kind and show civility. Whether in a big or small way, let's acknowledge and make accommodations for those who are often overlooked.

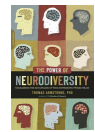
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UNDERSTANDING

Here are some resources to better your understanding.



Website
LLLI Resources in Relation to Breastfeeding and Coronavirus



Book
The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain



Book
See No Stranger



Book
The Sixth Stage of Grief



Podcast
The Different Minds Podcast Series

ACTION

- When having a discussion on difference of opinions, come to the conversation with empathy and understanding. When talking, use effective communication skills.
- Find opportunities to learn about how to have difficult conversations.
 - [CLICK HERE TO LEARN MORE](#)
- Learn to be mindful of others by listening and ask how you can help.
- Find ways to support breastfeeding mothers.
 - [CLICK HERE TO LEARN MORE](#)
- Buy a gift for a left-handed person
 - [CLICK HERE TO SHOP](#)
- Practice civility.
 - [CLICK HERE TO LEARN MORE](#)
- Learn how to support those that are grieving.
 - [CLICK HERE TO LEARN MORE](#)

TERMS & FAQs

What does EDI stand for?

EDI stands for Equity, Diversity, & Inclusion

What is the purpose of this newsletter?

To bring awareness to EDI practices and efforts within and outside of CFF and to allow readers to explore EDI topics and values that may sometimes be overlooked or unknown. A great guide that connects you, the reader, to more in-depth resources.

HOLIDAYS & OBSERVANCES

National Civility Month

Breastfeeding Awareness Month

8/9 - *International Day of the World's Indigenous Peoples*
 8/13 - *International Lefthanders Day*
 8/20 - *Grief Awareness Day*
 8/26 - *Women's Equality Day*
 8/31 - *International Day for People of African Descent*