

Celebrity Babies: Kristen Bell Vows to Raise Her and Dax Shepard's Kids to Be 'Anti-Racists'



By Diana Iscenko

In the latest [celebrity news](#), [Kristen Bell](#) shared her and husband Dax Shepard's commitment to teaching their daughters about racial inequality. In the wake of George Floyd's death and Black Lives Matter protests, the [celebrity couple](#) is working toward raising "anti-racist" children. In an interview with *The Morning Beat*, Bell said, "I have been having a lot of conversations with my children about what's happening right now because I think part of the problem is discomfort." Bell

continues to say that while these conversations are hard, they need to occur within white communities: “Bring it to your dinner table, don’t look away because it’s uncomfortable.”

In celebrity baby news, Kristen and Dax’s kids will be raised as anti-racists. How do you instill good values in your children?

Cupid’s Advice:

We all want our kids to grow up to be good people but toeing the line of informative and lecturing can be difficult. If you’re not sure where to start, Cupid has some advice for you:

1. Be a good role model: You need to set a good example for your children. No matter what you teach them, it will be undone if they see you acting differently from what you’ve taught them. Don’t undermine yourself! Apologize to your kids when you mess up. Share your experiences with them so they can understand why the values you teach them are so important.

Related Link: [Celebrity Couple Kristen Bell & Dax Shepard Talk Disciplining Their Daughters](#)

2. Relate the issue to their life: Relating a value back to your child’s life will make it easier for them to understand it and why it’s important. You can use anything to teach them—an issue at school, an event you witness at the store, or even an incident on the news. These make great spontaneous lessons. Ask your kids what they would’ve done.

Related Link: [Celebrity News: Dax Shepard Originally Turned Down ‘Parenthood’ for Kristen Bell](#)

3. Follow through: Let your kids know when you’re proud of

their behavior! Thank them when they do something you asked. Acknowledge when they make you proud. However, you also need to hold your kids accountable when they're less than perfect. Turn their mistakes into a chance to learn and make amends for what they did.

**How do you start these difficult conversations with your kids?
Start a conversation in the comments below!**