

Hispanic Heritage Month

Hispanic Heritage Month, observed from September 15 to October 15, honors the diverse histories, cultures, and contributions of Hispanic and Latino communities in the U.S. Rooted in the civil rights movement of the 1960s, it began as a weeklong celebration under President Johnson and was expanded to a month in 1988. It's a time to recognize Hispanic Americans' impact as artists, public servants, business owners, and more—each bringing rich traditions and unique identities that shape our nation.



www.actionforchildren.org

Why is Hispanic Heritage so important?

Understanding our country

Nearly 19% of the U.S. population, over 60 million people, identifies as Hispanic or Latino, making it the largest ethnic minority in the country, with one in every four children being part of that community!

Learning other cultures:

Celebrating Hispanic Heritage Month honors the diversity of over 20 cultures, fosters cross-cultural understanding, and combats stereotypes. It also gives Hispanic youth a sense of pride, belonging, and representation—reminding them their heritage matters and encouraging them to see themselves in American history, society, and future possibilities.

Inspiring unity for children:

Hispanic Heritage Month inspires unity across all racial and ethnic groups by celebrating the rich cultures and ongoing contributions that help shape our nation's growth, strength, and shared future.

Ways to Learn About Hispanic Heritage Together

- ◆ Teachers can integrate Hispanic history and culture into their lessons by teaching about the historic contributions of leaders like Cesar Chavez, Sonia Sotomayor, or Ellen Ochoa.
- ◆ Attend local Latino festivals and celebrations in the community like Dia De Los Muertos.
- ◆ Explore the arts by learning traditional dances like the flamenco and salsa. Explore influential artists like Frida Kahlo. Young children can learn about the current influence of artists on our culture like Lin Manuel Miranda (he's everywhere)!
- ◆ Experience the food! Try new foods like menudo, tamales, mole, arepas, elote, paella, empanadas, lengua, and concha bread.
- ◆ Incorporate children's books that celebrate Hispanic heritage or are written by Hispanic authors! Here are a few of our favorites:
 - Island born by Junot Diaz
 - Dear Primo: A Letter to My Cousin by Duncan Tonatiuh
 - Dreamers by Yuyi Morales
 - Migrant by Maxine Trottier
 - Rainbow Weaver by Lina Elovitz Marshall

