

TALKING TO YOUR CHILDREN ABOUT BODY SCIENCE

Helpful Tips

- ★ Remember that you can't tell a child too much... they will only absorb what they need to know at the time.
- ★ Use technical names for the parts of the body. Children need to learn appropriate scientific vocabulary.
- ★ Use books... they keep children interested, and they say everything for you.
- ★ Tell your child a bit more than you think you should, a bit sooner than you think you should, and be prepared to provide this information more than once.
- ★ Provide your child with information before he or she asks. Some children will never ask questions about their bodies, but still need to be educated and protected.
- ★ Don't panic when your child asks a question. If you can't think of an answer right away, be honest. Explain that you need some time to think about it and will get back to him or her later (i.e. at bedtime, after dinner).
- ★ Take advantage of teachable moments... bring up topics naturally while watching TV, listening to music or reading a newspaper article.
- ★ No matter how hard or embarrassing your child's questions are, try not to get mad. Be proud that he or she is curious about sexual health, and recognize that questions are a compliment. Your kids trust you as a reliable source of information.
- ★ Practice, practice, practice! If you can rehearse a few key words or phrases, answering your child's questions on the spot will be much easier.
- ★ Always maintain your sense of humor... enjoy the funny use of words, misunderstandings and questions!

