



# The Birds and The Bees

Talking about the human body with your kids.

As a parent, you want to help your kids stay safe and healthy. Be a source of information and support. **All kids explore the human body; help them learn from you what is appropriate.** Talk with your kids openly, honestly and often. **Start now.** The earlier you start, the easier it is. You don't have to be an expert, just relax and teach your child the basics.

## Connection & discovery 0-2 years

- Role Model healthy relationships -- your child is learning about love safety and how to trust others.
- Positively acknowledge your child's exploration of their body. Discuss that this is a private, not public, behavior.
- Always use correct terms to refer to your child's body parts.

## Curiosity & exploring differences 3-5 years

- As your child's gender identity develops, encourage them to respect themselves and others.
- Let them know they can talk to you or other trusted adults about anything.
- Teach them about appropriate touch and how to say no to unwanted touch.
- Be ready to give a simple description of where babies come from.

## Reproduction and privacy 6-8 years

- Be prepared to answer more mature questions about reproduction.
- As children become more independent, reinforce the importance of open communication in your family.
- Explain puberty and what to expect. Share resources early and often.
- Promote healthy body image.



For more information visit [thecapcenter.org](http://thecapcenter.org) or call 916-244-1906

See more at: <http://www.talkwithyourkids.org/>. Talk With Your Kids is a project of California Family Health Council.

