

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



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.



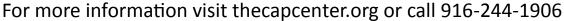
Curiosity & exploring differences 3-5 years

- 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.





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.

