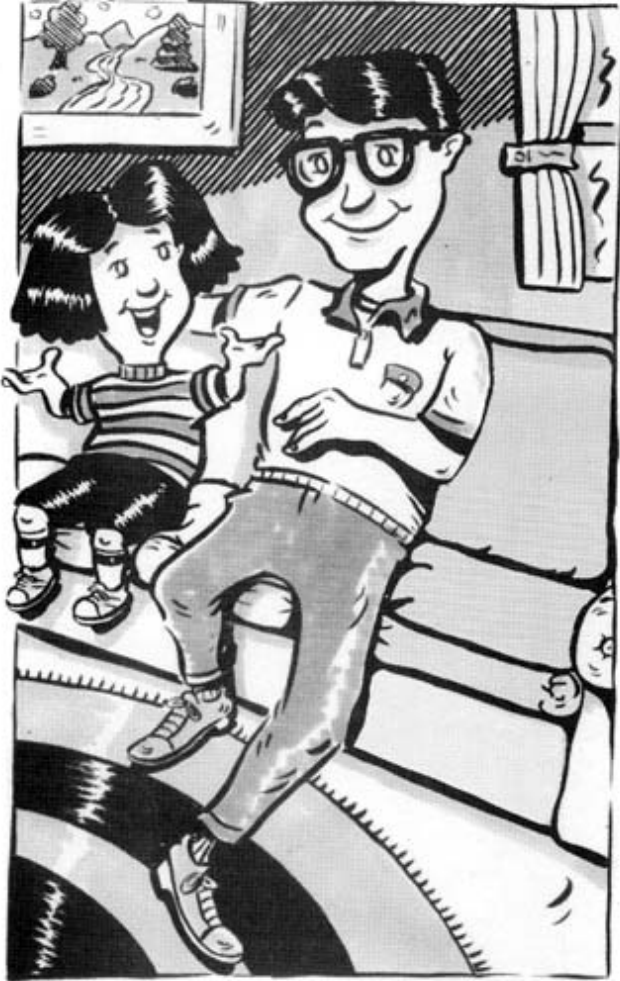


## Talking

In order to talk, your child needs words. Children especially need words for their body parts, including the genitals. (Dictionary words are clearest.)



Your child needs to know he/she can ask you anything .... and get an answer. So start thinking about how you want to answer questions like 'where did I come from?' You may even have to look things up. Remember, there is no such thing as a dirty or stupid question.

## Need more help?

If you have a partner, discuss with him or her how you want to talk about sex with your child. Practise answering questions with your partner or with a friend. Remember, the way you answer is as important as the words you use.

### Get more information.

Call Toronto Health Connection at 416-338-7600 for pamphlets and workshops.

Here are some examples of good books to read with your child:

**A Very Touching Book... for Little People and for Big People.** Jan Hindman. AlexAndria Associates, 1985. About good, bad and secret touching. Great illustrations.

**Did the Sun Shine Before You Were Born?** Sol and Judith Gordon. Prometheus Books, 1992. A well illustrated book dealing with families, reproduction, birth and caring.

**How Are Babies Made?** Alastair Smith. Usborne Publishing Ltd, 2003. Great pictures for 4-8 year olds.

**My Mom's Having a Baby!** Dori Hillestad Butler and Carol Thompson. Albert Whitman & Company, 2005. Answers questions about fertilization, pregnancy and the developing baby for 4-8 year olds.

**The New Speaking of Sex: What your children need to know and when they need to know it.** Meg Hickling. Northstone, 2005. For parents who want more info about talking with their kids about sex.

This pamphlet is dedicated to parents— the most important sex educators of their children.

For permission to reproduce this material, call Toronto Health Connection at 416-338-7600.

[www.toronto.ca/health](http://www.toronto.ca/health)

 **TORONTO** Public Health

PH0601DM016JAN06

# Your child is definitely getting a sex education!



...from friends  
...from the media  
...from society  
for parents of children age 0 – 8.

## What's wrong with that?

Well, sometimes it's

- confusing
- the wrong information
- harmful

You can't always control what your child learns, but you can help.

## How?

Teach your child about sexuality from a very young age.

In fact, you've already started

- by the way you touch your child
- by the way you react to what your child does
- by the way you talk with your child.



## Touching

Every child needs hugs and caring touch. It helps them learn that they are loved, that they are important, and that they are safe with you.

## Reacting

Children naturally touch their genitals. They also have sex play with other children. You need to think about how you want to react when your child does this, so he or she will continue to feel 'ok'.

