

# The Birds and the Bees

**By: Bright Tomorrows Staff**

Answering kids' questions about sex is one of the responsibilities many parents dread most. Otherwise confident parents often feel tongue-tied and awkward when it comes to talking about puberty and where babies come from.

Parents wonder what words to use and when to bring up “the topic”. It is important to not avoid this subject and begin talking to children when they are young. Parents can help foster healthy feelings about sex if they answer kids' questions in an age-appropriate way.

Talking with children about their bodies and sexual issues should start with children as young as 1 or 2 years old. Children are learning that bodies are different and asking names of everything around them.

It is important to teach young children the correct names for their private parts. This takes away the stigma and confusion that can be associated with slang and silly names we give to private parts. It also helps children to communicate clearly about concerns they may have about these parts of their bodies.

At age 3 or 4 children often begin to have questions about where babies come from. It is important to answer this question in an age appropriate, but accurate way. While the stork is an easy answer it is not correct.

An example of a possible answer is; “the baby grows from an egg in the mommy's womb, pointing to your stomach, and comes out of a special place, called the vagina”.

If you do not teach your child about their bodies and sexuality, someone else will. Often this information is incorrect or someone’s first steps toward abusing your child. These conversations should be normal parts of every day life – we have opportunities every day to talk to our children about their bodies, sexuality, and safety. For more information about Bright Tomorrows visit [www.brightcac.org](http://www.brightcac.org).