



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! In your child's class, we have been talking about sensitive, yet important, issues that help us keep our bodies and minds safe and healthy. We read a story about how important it is to keep your body to yourself and say "no" or "don't touch me, I don't like it" to stop touching that makes us uncomfortable. We talked about how important it is to protect our bodies.

Because this is a sensitive topic, you may want to ask your child to share some of the ideas we talked about in class. Your child may want to practice saying "no" or "don't touch me, I don't like it" with you. By talking with children about appropriate and inappropriate touching, we can make it easier for them to talk about and handle uncomfortable situations they may face in their lives.

Your safe and healthy pal,

AI