



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 but important issues that help us keep our bodies and minds safe and healthy. We read a story about how we are in charge of our bodies and can say "No" or "Don't touch me, I don't like it" to stop touching that makes us feel uncomfortable. We learned that a person's private parts are the parts of the body covered by a T-shirt and underwear or a bathing suit. We learned that it is our job to clean these parts when we take a shower or bath. We also talked about how doctors and nurses may touch children's bodies when they visit the doctor's office with their family to make sure they are healthy.

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

(See the next page for at-home activities!)

At-Home Activities

Use proper names for private parts.

- When you talk with your child about their private parts, use the proper name for those body parts. It may feel uncomfortable at first to say *penis* or *vulva* to your child, but it is important that they know the real names for these parts of their body, just like they know what an arm, an elbow, and a shoulder are.

Discuss boundaries for private parts.

- There are times when some children may need help wiping or washing their private parts or when a medical provider may need to look at or touch your child's private parts. When this happens, explain why you need to touch their private parts, e.g., "I need to help wipe your bottom so it will be clean and not hurt."
- Always ask for your child's permission before touching them and remind them about who is allowed to touch or see their private parts, e.g., "Only Mommy, me, and the doctor are allowed to touch your private parts if you need help cleaning or when there is a problem."