

Care for Kids Caregiver Newsletter, Lesson 3: Lesson 3: Bodies

Lesson messages

- Our bodies are good and special and deserve care and respect (including our private parts).
- We have many parts that are the same, and some parts that are different.
- Some of our body parts are public and some are private

Useful books

- For children: *The Bare Naked Book*, by Kathy Stinson
- For caregivers: *Ourselves and Our Children: A Book By and For Parents*, by the Boston Women's Health Book Collective

What we learn in this lesson

We learn all about bodies in this lesson! The teacher brings baby dolls to show us bodies and body parts. We learn that in addition to many different nicknames that people can have for private parts of our bodies, there are anatomically correct words, too. We read a book about bodies that helps us learn the anatomically correct words *penis*, *vagina* and *buttocks*. These words are the words that doctors use in their offices, and so it is important for us to understand them. We learned the difference between the words public and private. When talking about bodies, we now know that some of our parts are private (not for everyone to see) and some are public (everyone can see these parts). When we are in a public place where everyone can go, like school or the library, we keep our private parts (penises, vaginas and buttocks) covered with clothing. It is good to know we are able to use correct words for our private parts when we need to talk about them.



Things you can discuss with your child

Use the words *penis*, *vagina* and *buttocks* when talking about our private parts. Normalize using these anatomical words.

Talk about how our bodies are good and special — all parts of our bodies.

“Do you know the difference between public and private?” Offer suggestions for private (bathroom, bathroom stalls, bathtub, bedrooms) and for public (school, grocery stores, libraries, malls, cars). Discuss that our private parts stay covered up when we are in public places.

Discuss any norms/rules you have at home in terms of where it's OK for children to be naked — do you have any rules for inside the home? For outside in the yard?

Questions?

If at any point you have any questions or concerns about Care for Kids, please contact the Care for Kids Team at:

Prevent Child Abuse Vermont
Montpelier, VT
802-229-5724
pcavt@pcavt.org
www.pcavt.org

