



SEXUAL INTEGRITY

PRESCHOOL CONVERSATION GUIDE **FOR PARENTS**

Wait a minute. A conversation guide about sexual integrity for toddlers and preschoolers? Do parents really need this? Actually, there are many reasons to help a child feel comfortable talking with you about their body. That's why it's important that you start the conversation early.

As your child grows, so will the conversation. But right now while your child is in the preschool phase, your role is simple.

INTRODUCE THEM TO THEIR BODY.

As you introduce your child to their body, there are probably some things you should say, and some things you shouldn't. Here are just a few.

WHAT TO SAY

- "God made you. God made your elbows. God made your vagina/penis. God made your toes." (Use correct names of body parts as you change and bathe your child.)
- "Private parts are meant to be private." And also, "Sometimes Mama needs privacy when she's going to the potty." (Help your child understand privacy.)
- "You are getting so tall. I love watching you grow!" (Point out things that are changing about your child.)
- "Boys grow up to be men like Daddy, or like Uncle Frank. Girls grow up to be women like Mommy, or like Ms. Linda." (Answer questions about basic differences between boys and girls as the questions arise.)

WHAT NOT TO SAY

- "Look at your tiny little wee-wee."
- "Why do you keep touching your privates!?"
- "Don't ask those questions; we don't talk about that."
- Nothing.

(To be fair, you should probably avoid saying these at any phase.)

Make sure to involve professional counselors, as needed, as well as your ministry leader and parents, if you're not the parent.



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