

TALK TO KIDS: 3-5 YEARS OLD



By this age, your kids are starting to discover their bodies & may notice that not everyone is the same. They most likely don't have any inhibitions about nudity and you might even find your preschooler touching themselves more than usual.

But don't fret!

This is a perfect time to start talking to your preschooler about their body! Take a deep breath & read the tips below to get started!

As early as your child can label their eye, nose, and ears, you'll want to start giving them correct vocabulary to name their private parts. Nicknames can cause confusion if a child discloses sexual abuse.

Talk about private parts & the boundaries for those parts. For Example: "It's not okay for someone to ask you to touch their private parts with any part of your body, including your mouth."

When talking about these topics, use the same attitude and tone as you do when speaking about crossing the street.

Avoid good/bad touch terminology. This can cause confusion because it can still be sexual abuse even when the touch could feel good. Also, if someone touches your child & they associate it with "being bad" they may be afraid to tell you in fear of getting in trouble.

Most importantly, let them know they can tell you anything & you will believe them. This isn't a one-time, one-sided conversation. Be sure to keep the discussion going as they get older & be sure to listen to what they have to say.

