

YOUR  
KIDS'  
BODY  
GUIDE



HUDSON VALLEY  
**Parent**

**Publisher/Editor**  
TERRIE GOLDSTEIN  
publisher@excitingread.com

**Editorial Associate**  
BRIDGET SCHULTZ  
bschultz@excitingread.com

**Art Director**  
LESLIE CORTES  
design@excitingread.com

**Sales Representative**  
MARY ZAK  
sales@excitingread.com

**Customer Support**  
VENUS WORTHY  
customerservice@excitingread.com

**Customer Support Assistant**  
ERIKA ZAMBRANO  
customerservice@excitingread.com

**Intern**  
NICOLE MANIKAS  
intern@excitingread.com

ALSO PUBLISHERS OF



Your Kids' Body Guide  
has been created by

**The Professional Image  
Marketing & Public Relations Inc.**

174 South Street  
Newburgh, NY 12550

Phones:  
845-562-3606  
or (518) 862-2056

Fax: (845) 562-3681

www.hvparent.com

This publication is copyrighted by the publisher. Reproductions without written permission of the publisher is prohibited. We welcome submissions, although we cannot accept responsibility for work submitted nor guarantee publication.

AUDITED BY



A MEMBER OF



# Helping kids learn about their bodies... the right way

Feel it is important to talk to your kids – about everything. We all find that some discussions are easier than others.

In an article which appeared in *Hudson Valley Parent* magazine, writer Gloria Smith Zawaski talked about the importance of talking to your kids about sexual abuse.

Maybe you are not ready for that discussion, so start by talking to your kids about their bodies.

“Children are curious about almost everything. They are especially curious about their bodies,” says Robie Harris and Michael Emberley in the introduction to their book, *It's NOT the Stork!*”

“If they are going to get information elsewhere, (like television and the web), why not provide information that's accurate, straight-forward and not frightening,” says Harris.

So we have, with permission from illustrator Michael Emberley, provided



**TERRIE  
GOLDSTEIN**

**Publisher's  
Corner**

you with four drawings that show the parts of children's bodies with their body-part names. Feel free to use them in discussions with your kids.

Show your children the differences, and similarities, between boys and girls. Point out that both boys and girls have nipples, but girls have a vulva and boys have a penis. Based on the differences, girls sit down on the toilet, while boys stand up to pee from the

opening on the tip of the penis.

Teaching your child about his or her body and why it is special, is the first step to preventing child abuse. We hope this leads to more open discussions with your children about life. Kids should feel safe with their parents. And they should know that they will be listened to when they come to you with their concerns.

Raising children is an awesome responsibility. Good luck as you go on this journey.

The *Hudson Valley Parent* magazine staff wishes to thank both Robie H. Harris and Michael Emberley for sharing their expertise. Harris is previously an educator with the Bank Street School and has spent many years researching her books and speaking to experts in many fields about the content.

Harris and Emberley have collaborated on many books about kids and their bodies. Harris presents information about the body and sexuality clearly, and thanks to Emberley's two characters – a bird and bee – sometimes even humorously. Three books we recommend are:

- *It's NOT the Stork!* for age 4 and older
- *It's So Amazing!* for age 7 and older
- *It's Perfectly Normal* for age 10 and older

Most of these books are available at your local library, at local bookstores or online. All their books make great gifts to share with others.

We also thank the staff at Candlewick Press for their quick response to our many frantic requests.

So girls and boys  
DO have the same  
body parts.



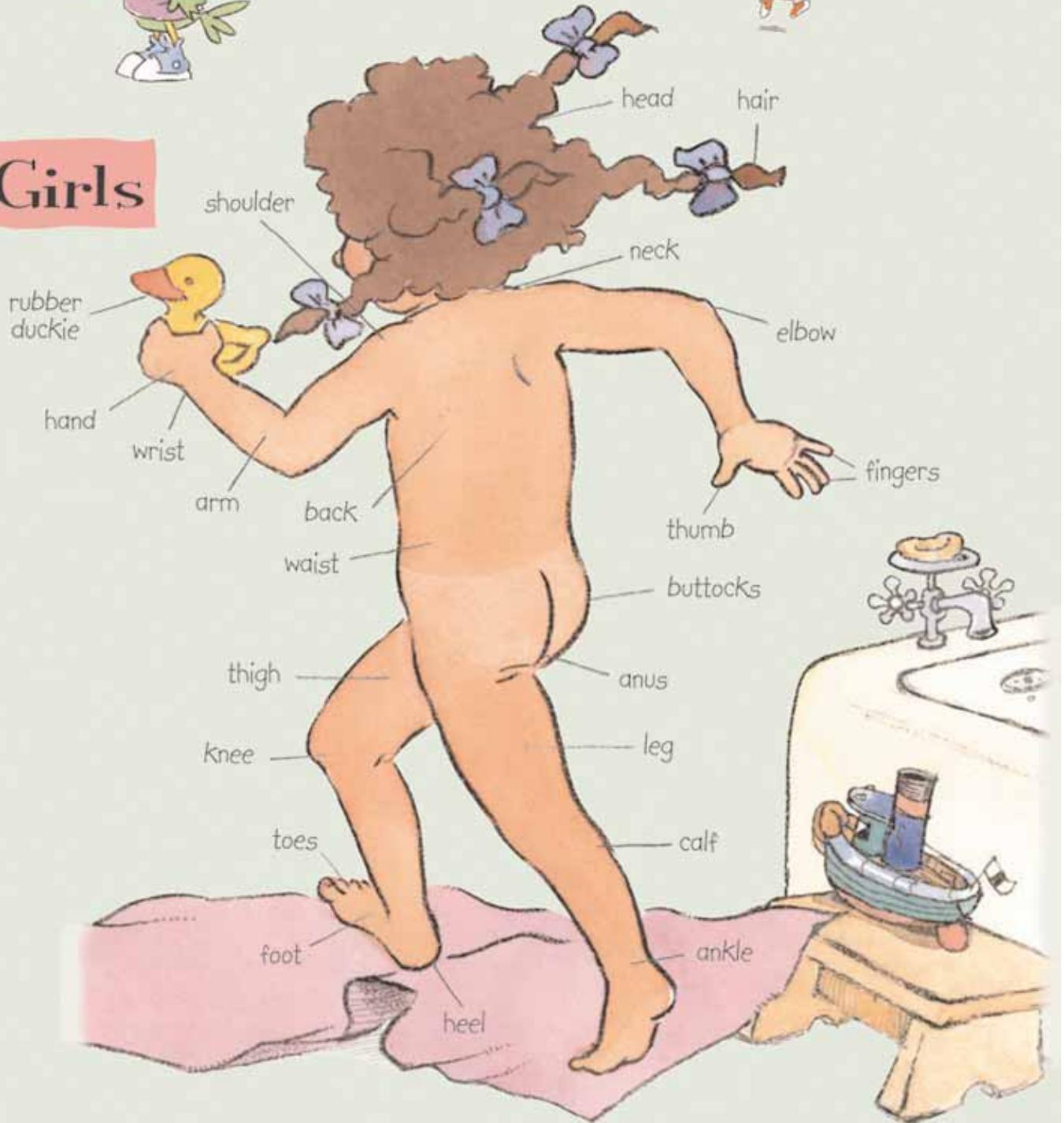
4

# Toe to Head

You're right! Girls have  
toes and so do boys!  
And we both have wings!



## Girls





beak

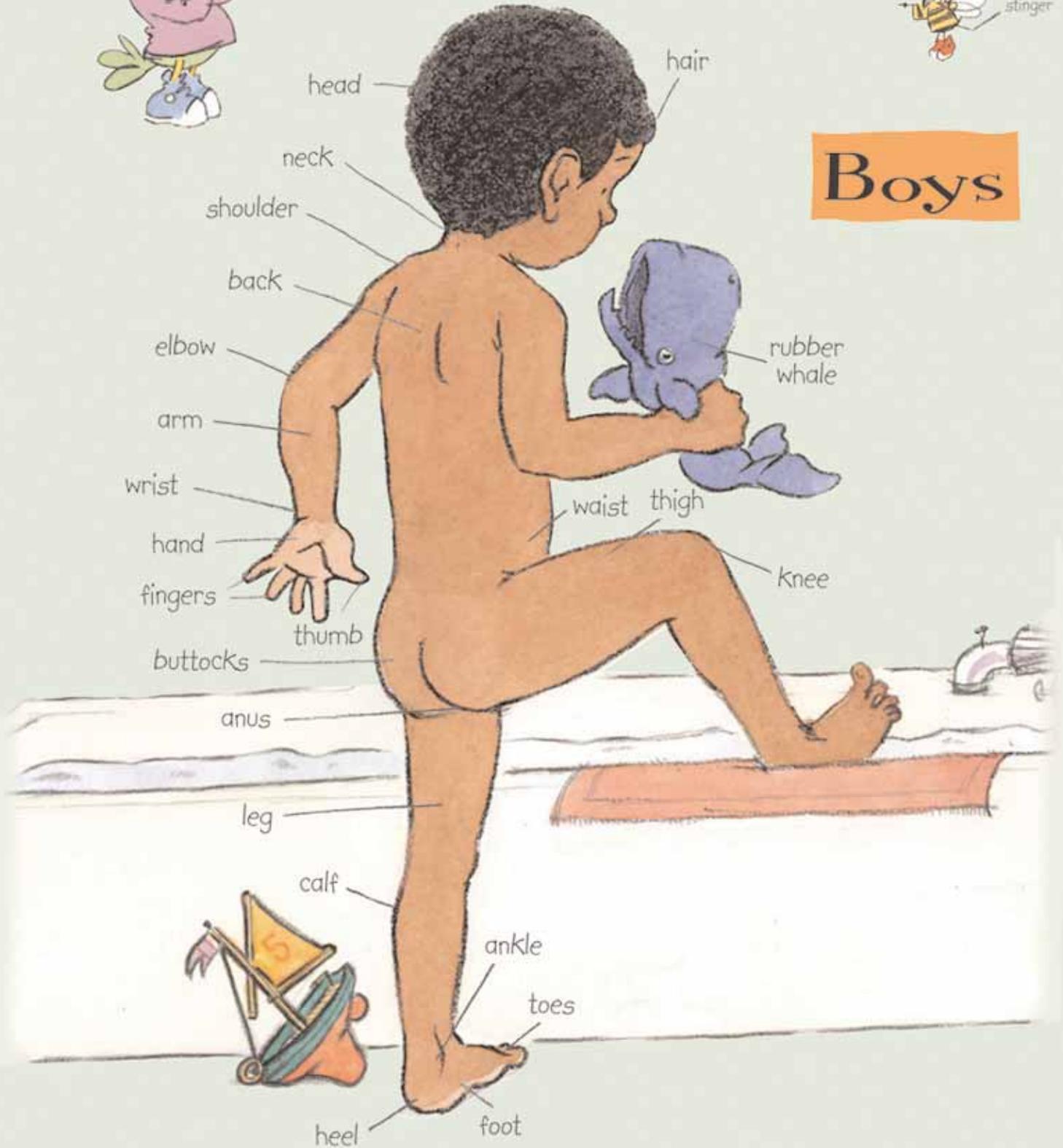
Now I know the names of ALL these parts!

I know my name. My name is BEE!



stinger

# Boys



head

hair

neck

shoulder

back

elbow

arm

wrist

hand

fingers

thumb

buttocks

anus

leg

calf

ankle

toes

heel

foot

waist

thigh

knee

rubber whale

It's true! Boys and girls  
DO have some body parts  
that are different!

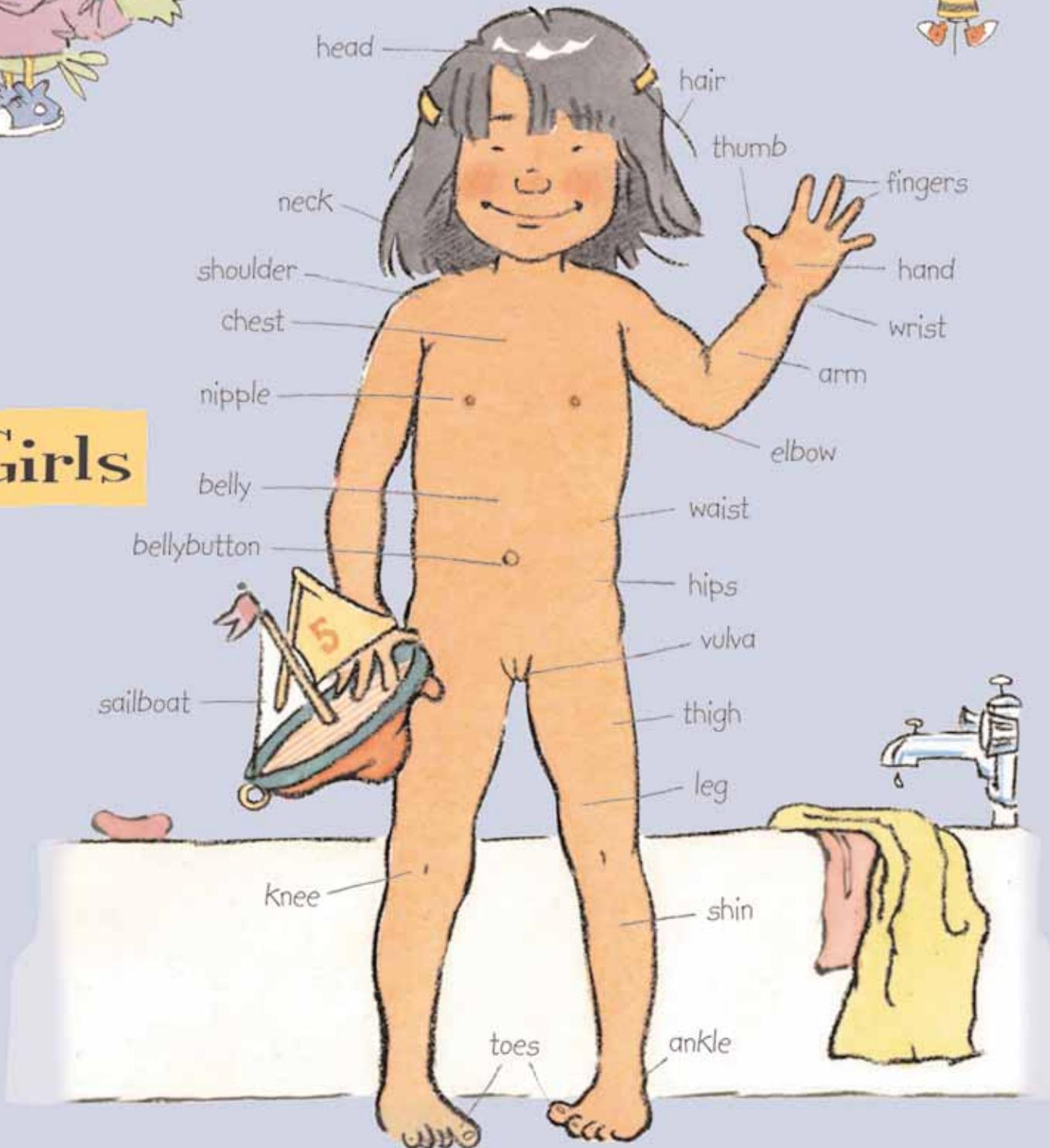


Well ... BEES have  
stingers and BIRDS  
have beaks.



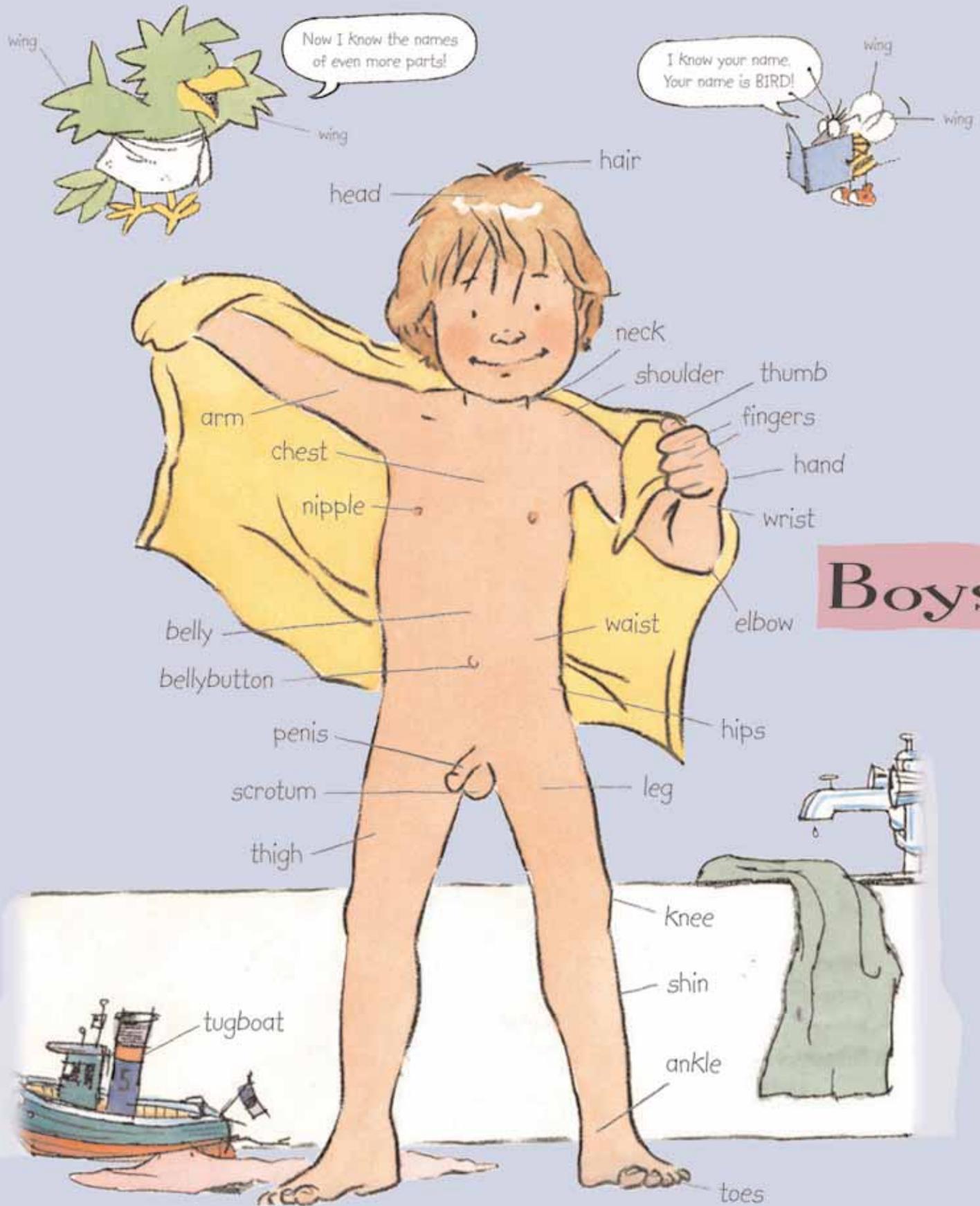
# Head to Toe

## Girls



©2008 Michael Emberley

From *It's Not the Stork!* (Candlewick Press, written by Robie Harris)



# Boys

# How to start talking to your kids

Start simple and keep it that way. While you should try to use the correct names for body parts, this is not a requirement. Using the correct names will help your child develop a healthy respect for his or her body. But, if you have trouble doing this, use other names. Just start talking!

Do not try to cover everything in one discussion....It should be an on-going process. And, do not make a big thing of these talks. Be casual and informal, and choose a time when your child feels safe and relaxed.

From New York State booklet, *Say NO! Protecting Children Against Sexual Abuse*. For copies of the complete booklet go to [ocfs.state.ny.us](http://ocfs.state.ny.us). Click on publications on the left side of the screen and then click on Protective Services for Children.

**In New York State to report child abuse and neglect, call:**

**1-800-342-3720**

**Calls received 24-hours-a-day, seven-days-a-week.**

**You do not have to give personal information when reporting an abusive situation.**

## *7 tips to keep your children safe*

- Talk openly with your children. Good communication may decrease a child's vulnerability to sexual abuse and increase the likelihood that the child will tell you if abuse has occurred.
- Teach your children about their bodies, about what abuse is, and, when age-appropriate, about sex. Teach them words that help them discuss sex comfortably with you.
- Model caring for your own body, and teach children how to care for theirs.
- Teach children that it is "against the rules" for adults to act in a sexual way with them and use examples. Teach them what parts of their bodies others should not touch.
- Be sure to mention that the abuser might be an adult friend, family member, or older youth.
- Teach children not to give out their email addresses, home addresses, or phone numbers while using the Internet.
- Be proactive. If a child seems uncomfortable, or resistant to being with a particular adult, don't force them.

*From darkness2light.org*