



## How to Talk to Children About Their Bodies

“Our bodies are just the outside of us that transform in many different ways as we grow. My body has changed so much. I was a child and I grew, got pregnant, had babies, and got older. Other living things work that way too! Isn’t that so cool?! Leaves on trees fall, flowers bloom, chameleon’s changes color, plants grow fruit and vegetables, and frogs develop lungs and legs. This is what life is meant to do. It is meant to change.

People are also similar in many ways. We all have fat, have bones, have muscles, get tired and have organs. Some people have more fat, may get tired more easily, have bigger muscles, or small breasts. (If you are talking to your daughter) One day you will develop breasts so that you may feed your babies if you choose. We are not these things though. We are not fat, we are not bones, we are not muscles, we are not the size of our breasts. We have fat, bones, muscles, and breasts. Sometimes people say hurtful things about people’s bodies and what you think should not have anything to do with what others “think” about your body.

Remember to be grateful for your body. Think about how your body moves, feels, and heals itself. It can do amazing things like run, jump, sleep, eat, and bleed. Your skin heals itself. Some people break bones and their bones heal. You lose baby teeth and get adult teeth.

We also have so much more to us that you can’t even see on the inside. What you can’t see is our love, kindness and compassion for others. This is how we can connect to other people. Remember to tell people how beautiful they are on the inside, just like you are. Don’t comment on people’s outsides, that changes anyway.”