

# BABIES!



WISE was here to talk about babies!

Babies need lots of help to make sure they stay safe, happy, and healthy. There are some things that we kids can help babies with, and some things that babies need adults to help with. Adults can help babies stay clean, feed them when they are hungry, and change their diapers when they go to the bathroom. WISE brought in dolls to teach us about safely taking care of babies. We learned that a penis and a vulva are both private body parts. When adults help babies keep their private body parts clean and healthy they are respectful and don't play with those parts.

Now that we are older we can do more to take care of ourselves, but it's always OK to ask for help when we need it. We thought about all the things we can do all by ourselves when we're adults, like cleaning or dressing our bodies. When adults do need help with their bodies, they deserve to have other adults help take care of them. It's too big of a job for kids.

We did a coloring sheet about activities that we might need to ask for help with, brainstormed what adults we could ask for help, and read the book *The New Baby* by Mercer Mayer.

## You can help WISE reinforce these important messages!

### BOOKS

For kids:  
"I Loved You Before You Were Born"  
by Anne Bowen

"It's Not the Stork" by  
Robie Harris

### ACTIVITIES

Find baby pictures of yourself and the members of your family, talk about nice or funny baby memories. Many kids love hearing about their parent's past and stories of themselves as babies.

Make a list with your child of people they could ask for help in certain situations. "Who could you ask for help on the playground?" "Who could you ask for help if you felt scared?" "Who could you ask for help if you had questions about your body?"