

# BABIES



WISE brought in baby dolls and modeled changing the baby's diaper. We learned that some body parts are private and some body parts are public. Public body parts are the ones that we can see in public places. Private body parts are not shown in public places. We learned that the terms for private body parts are penis, vulva (sometimes referred to as vagina), and bottom. It's helpful to know the anatomically correct names for body parts so we can learn about our bodies and ask for help when we need it.

Since we are older than the babies, we can do more to take care of ourselves, but we might still need help sometimes. We thought about all the things we can do all by ourselves and the things we still ask for help with. Adults we trust might help us keep our bodies safe and clean. They would ask our permission and explain to us why they're doing something so that we have control over our bodies. Adults and older kids shouldn't play with our body parts or ask us for help with their private body parts. If an adult or older kid makes us feel mixed up, confused, or uncomfortable, we can go to an adult we trust for help.

We colored a handout with activities (like brushing our teeth or crossing the street) that we might need to ask for help with and who we could ask. We also read the book *The New Baby* by Mercer Mayer.

## You can help WISE reinforce these important messages!

Looking for more ways to support young people in your life? Check out WISE's Prevention booklet located on our website.

### 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, and 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?"