



Palmerston North Parents Centre Presents:

The Birds and The Bees In the Early Years



Presenter: Rachel Hansen

Date: 20th May 2010
7-9pm

Venue: TBC

Sexuality education is a topic many parents prefer to avoid. ...

And if you have a young child, you might think you've got a while before you have to worry about this. But sexuality education begins with a child's curiosity about his or her body – and this curiosity starts well before they utter their first word. Sexuality education is a part of a continuum; it starts at birth and it continues through life.

Young children are constantly busy figuring out how the world works, which includes what their body parts are for, what they feel like and what they are called. Talking openly with young children sends a strong positive message that they have control over their body, that their bodies are incredible and that we should always protect them. If you communicate effectively with your preschooler about sexuality issues, it paves the way for open communication as they get older.

The topics covered within the seminar will include:

- Suggestions on how parents prepare themselves for their child's sexuality education
- The normal sexual development of a preschooler
- How to answer the curly questions
- Successfully explaining human anatomy and bodily functions to your curious child
- Communicating with preschoolers about pregnancy and birth
- How to protect your child and help keep them safe
- Where to go for more advice and help

About the Presenter: Rachel Hansen.

Rachel is a health and wellbeing educator and has taught psychology and health at schools in the UK and New Zealand. She has extensive experience working with young people in a number of fields including education, counselling and recruitment. Rachel has a first-class honours degree in Psychology and a Masters degree in Criminology from Cambridge University (UK) Rachel is a talented presenter with an ability to engage effectively with students. Her resources are interactive and engaging and she uses humour and honesty to create an excellent learning environment

Free to Parent Centre members, \$10 per person for non-members

Reserve your spot by contacting Juana Reid,
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