

# MY RELATIONSHIPS: MUMMY'S BUMP



## Lesson Objectives:

- To remove the stigma of children asking questions about pregnancy and birth.
- Children will be given the opportunity to think about their own families, younger siblings and how the arrival of new members of the family are celebrated
- Children will receive age appropriate information about pregnancy, how babies grow, their development, and birth including cesarian.
- Children will be given the opportunity to ask questions in a safe environment.

## Key Messages:

We are very aware that lessons like this can feel scary. There is a huge worry about how much we should tell small children and how much they can cope with. The fact is it is much better that children get open, honest answers from safe adults - rather than left to piece together information from less reliable sources.

Furthermore, by answering their questions - which are perfectly natural at this age, especially considering that they will be exposed to pregnant parent's, aunts, and family friends, we can feed their natural curiosity in safe way.

As a result, rather than the topic becoming a taboo, something that is shameful, naughty, rude, (and fascinating in equal measures as it s forbidden) it means instead, they will continue to come to us for answers that we can keep age appropriate, and the topic becomes demystified and far less of a big deal - and is instead something we can talk about... and generally the things we can talk about openly become far safer...

## Closing:

So now you know where a baby lives before it is born, how it grows and how it is born. Remember it is ok to be curious and to ask questions of trusted adults.

## Key Messages continued:

One of the ways we ensure that lessons like this remain age-appropriate is to make them pupil led. This lesson is designed in a specific way which means that we shape the lesson to fit what the class is ready for we ask them a question, see what they know, correct the bits that aren't quite right, and then fill in the blanks - rather than telling them what we think they are ready for.

We allow the children plenty of space to talk about their own experiences.

*“Who has a little brother or sister? Can you remember your mummy being pregnant? Do you know anyone who is pregnant now? I bet you have lots of questions about what is going on in mummy’s tummy and how a baby grows....? Today we are going to talk all about where a baby lives before it is born.”*

## CARRYING ON THE CONVERSATION AT HOME:

This is one of those conversations many parents try to avoid. Many parents like to play the “we will wait until they ask card...” which is an interesting approach - one that makes perfect emotional sense but not much logical sense... we tend not to rely on a child asking for any other important knowledge...

Indeed, many parents choose to be very vague when their child finally does ask, or even fall back on old wives tales such as the stork or cabbage patch... thinking that children aren't ready yet... Often, what we really mean is we aren't ready yet...

However, if we aren't careful, we create an environment where it becomes difficult to ask, and instead the trend continues of sex being something that is simply not talked about...



## CONTINUED...

The fact is there is no need to panic. All the evidence says that children can and do cope very well with this information. It is all about how it is delivered. And it is much better coming from safe adults in their lives rather than left up to older children or worse the internet.

The best advice we can offer is to talk little and often whenever the opportunity arises. Bring up the subject yourself, keep things simple (don't go into long winded, rambling explanations) take things step by step...

In the meantime, before the lesson mention to your child that they are going to learn all about where babies live before they are born, how they grow and how they are born. Be enthusiastic, and tell them you want to hear all about it when they get home. By doing this you are giving them your approval to listen, take note and most importantly to talk to you about it when they come home. Many children, feel unable to talk to their grown-ups about sex because we do not give them the green light to do so, by our reactions when things are mentioned. This way you are making it very clear it is ok.

When your child comes home, ask them to tell you all about it. But take it slow. Ask one small question at a time - "so where do babies live before they are born?" let them answer it, listen, correct the bits that are a little bit squiffy... and fill in any gaps. You can not expect a child to take everything in a single lesson - but now you have opened the door to make sure they know it is ok to ask and keep talking to you. Go over everything step by step in as much detail as you are both happy with. If you have family photos of your own pregnancy or of brothers and sister get them out - make it about family.

This is a massive opportunity to set the tone and open doors, rather than close them.



### Useful Links:

- Find out more about how to talk about sex and reproduction
- check out the books in our library suggestions.