

BODY PARTS

Lesson

We use our eyes to see, our arms to hug, our hands to hold, and our legs to walk, jump, and play. Our body is our main tool to explore and experience this wonderful world we live in. Deciding when to teach your child the body parts can be tough, but teaching them as they grow and begin to use them is the simplest. A great starter idea is the game “peek-a-boo.” When playing this game, point to your eyes and explain to your child that you can see them with your eyes.



Many parents are concerned about teaching their child about their genitals. If and when to do it is a question that is often on their mind. It is imperative to teach the correct name to **ALL** body parts starting at a very young age. Introduce the vulva, vagina, and the penis. You must do it calmly and without embarrassment so your child will see that mom and dad are comfortable, so in return, they will be also. Teaching your sons and daughters about their genitals will start them off on the right path to human sexuality and will open the lines of communication starting at this young age.

Snack Time

A great snack to reinforce the body parts are gingerbread persons. You and your child can make and decorate gingerbread persons by adding the eyes, nose, etc.



Activity & Games

Head, Shoulders, Knees, and Toes

Sing the “Head, Shoulders, Knees, and Toes” song and with your child, point to the different body parts as you go along. Modeling it with your child is a great strategy in helping your child learn. Don’t forget to sing “eyes, ears, mouth, and nose” at the end of the song.



Reading Time

- Peekaboo Kisses: Interactive Book (Touch and Feel Books Series), by Barney Saltzberg
- Toes, Ears, and Nose!, by Marion Dane Bauer
- Parts, by Tedd Arnold

