

My Body Is Special

This month, THE GREAT BODY SHOP was about the fact that every person is special. Listen to the song "My Body Is Special" on the GREAT BODY SHOP CD.

Lesson 1: All Bodies Are Different

Lesson 2: I Am Special

Lesson 3: Taking Care of My Body

Lesson 4: Safe Touches, Unsafe Touches

On the Cover

With your child, talk about the picture on the cover. Can your child identify the three GREAT BODY SHOP kids? (Betsy, Suzy, and Tito)

Ask your child to tell you some of the ways they are different from each other. How are they the same? Remind your children that they are very special. One way to show that is to help them to take care of their bodies and keep them healthy.

Listening

You build your child's self-esteem when you show you are interested in what he/she has to say. Be an active listener; that is, show your child you are listening. Here are some suggestions.

- Ask specific questions. "Tell me about the best part of your day." "Who are your favorite friends at school?" "Why are they special to you?" Open-ended questions will get the conversation started.
- Now and then, look up from whatever you're doing so you can meet your child's eyes.
- Comments such as "Then what happened?" or "I am sure you were mad!" show you are listening.

Read All About It

The Princess in My Teacup

by Sally Huss

About being kind and useful.

People

by Peter Spier

Learning how people are special in many ways all around the world.

"Private" Means It's Just for Me!

An important part of this unit concerns the concept of safe, unsafe, and confusing touches. Children learned that things that are "private" are just for them. They also learned the difference between touches that feel good—like a hug or kiss from someone they love—and others that make them feel upset or frightened. Children were taught to tell someone they trust if they are touched in a way that makes them feel bad, unsafe, or uncomfortable.

Reinforce this lesson by using the word "private" at home so that your child is sure to understand it. For example, you might say: Private body parts are covered by a bathing suit or underwear.

Talk about when saying "No" to an adult keeps them safe. Make sure your child knows that you will love him or her always, even when bad things happen.

Tell your child that there is always someone who can help him or her with a problem and that we shouldn't keep problems inside of us. Have your child name three trusted adults.

Word Wise

Talk to your child about each of these vocabulary words. Have fun making up sentences using each word.

special—valuable, one of a kind, unique

respect—to show kindness, and treat others with good manners

private—something just for you, not for sharing

trust—to count on someone to do the right thing

daily habits—doing the same things every day

Learning to help around the house gives children a sense of responsibility. Ask your child to draw a picture of his or her job in the family. Talk about why the job is important. Tell your child about your job, too.

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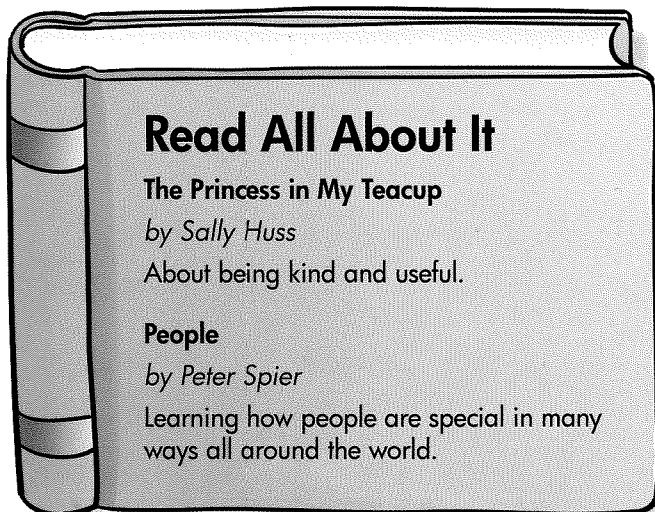
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