



Little Talks to Have With Your 0- to 2-Year-Old

01 TEACH THEM THE NAMES OF THEIR BODY PARTS.

Using appropriate names can help children be comfortable in their own bodies. As you're changing your infant's diaper, take the opportunity to tell them the names of their body parts. It should be no different than teaching them the names of their eyes, fingers, arms, etc.

02 DON'T MAKE THEM FEEL ASHAMED WHEN THEY TOUCH THEIR GENITALS.

Remain neutral. Don't encourage or discourage the touching. It is a normal part of development at this age; they are discovering their body and, to them, their genitals are just another part of their body like an arm or leg.

03 AFFIRM THEIR ENJOYMENT OF NON-SEXUAL TOUCH.

Cuddling, hugs, fist-bumps, etc. can be good. Let your infant know that you can enjoy these as well and that it's good to enjoy them. You can also give them the ability to say whether or not they want to be hugged.

04 BEGIN TEACHING THEM ABOUT CONSENT.

It's never too early to start teaching your child about the importance of consent. Don't force them to show affection and let them know when someone else tells them no, it's okay. They can learn to give and get consent, even before they can talk.