

My Body and Growing Up

Some children may find some of the activities funny, especially because children do not often talk about their private parts. This is perfectly normal!

If your child speaks two languages, it can be very useful for them to learn the parts of the body in both.

Activity 1	With your child, sing and do the actions for the song 'Head, Shoulders, Knees and Toes'. Ask your child to name as many body parts as they can. You could use their ideas to make up your own verses for the song, e.g. 'Leg, Elbow, Stomach, Neck'!
Activity 2	Find a photograph of your child that they can write on, or draw around them using chalk on the ground. Label all the body parts with your child. Discuss what each body part is used for e.g. <i>we use our eyes to see, we use our legs to walk, etc.</i>
Activity 3	With your child, look at the story 'We Are All Different' (PDF on Foundation Stage blog). Ask your child to identify some of the similarities and differences between the children in the story, e.g. eye colour, hair (colour, length and texture), skin tone, etc. In school we have been looking in mirrors and describing ourselves. You could use the prompt cards on the blog to continue these discussions.
Activity 4	Look at the 'Human Body Outline' sheet on the Foundation Stage blog. Talk to your child about the different body parts. The children are wearing underwear that covers their private parts. Talk with your child about names that are used by your family for these parts of the body. In school we have introduced the correct anatomical names for the private parts (<i>penis</i> and <i>vulva</i>) and that these are the words that doctors would use when describing these parts of a body.
Activity 5	Look at photographs with your child of themselves at different ages e.g. new-born, toddler and now. Discuss with your child how the different parts of their own bodies have grown over time and how they knew that this growth had happened e.g. <i>My feet have grown... I had to get new shoes because the old ones were too tight. My hair has grown... I had to get my hair cut.</i> You could talk to your child about how they about feel growing up – there is no right or wrong answer to this!

You might like to look at the NSPCC's Pantosaurus resources which provide a simple, child friendly way of talking to your child about their private parts. We have shared the Pantosaurus story and song in school. Please look through the resources before sharing with your child.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>