

## *God's Design for Sex and Our Bodies: Parenting Forum Notes and Resources*

### *Suggested books:*

#### [God Made Your Body](#) - Jim Burns

This book introduces kids 3-5 years old to how God created our bodies. It talks about how boys and girls are different from each other (from eye and hair color, to different private parts). It uses the actual terminology for private parts. It touches on sex ("to make a baby, a mommy and daddy come together in a special way called making love"), talks about how a baby grows in the womb, and touches on adoption as another way for God to form a family.

#### [How God Makes Babies](#) - Jim Burns

This book introduces kids 6-9 years old to where babies come from, and how kids are part of God's plan for families. It talks about men and women getting married and making love, it talks about boys' and girls' private parts (uses actual terminology). It explains fertilization, a baby's growth in the womb, and what a newborn baby does and needs. It talks about different kinds of families, including adoption and stepfamily.

#### [God's Design for Sex Series](#)

##### *The Story of Me*

This book introduces kids 3-5 years old, in story form, to how babies are made and grow (very vaguely touches on sex), birth (including C-sections), and boys' and girls' body parts.

##### *Before I Was Born*

This book introduces kids 5-8 years old to God's design for marriage, bodies and sex. It includes very similar topics as How God Makes Babies.

##### *What's the Big Deal*

This book for 8-12 year olds is written as a conversation between a boy and his parents. Topics covered are: God's design for sex, why people have sex, sex outside of marriage, puberty, pornography, homosexuality, and sexual abuse.

#### [Concordia Publishing House](#)

##### *Where Do Babies Come From?* ([boys/girls](#) 5-8)

This book is in story-form, with each short story focusing on a different topic. It has 6 helpful guidelines for parents at the beginning.

#### [Good Pictures, Bad Pictures](#)

Several short chapters in story-form, about a mom explaining to her son about good pictures and bad pictures. It explains what porn is, how the brain works when it comes to addiction, and how to come up with a plan for protecting oneself from looking at "bad pictures." This could be a read-aloud book, or a resource for parents to learn language for talking to their kids about porn.

The Period Book

<https://www.amazon.com/Period-Book-Girls-Guide-Growing/dp/161963662X>

### **Other resources:**

Heart to Heart class at Stanford:

<https://www.stanfordchildrens.org/en/classes/community/pre-teen-teen-parent>

KidsHealth Website:

<https://kidshealth.org>

This website has tabs for kids, teens, parents, educators re: puberty.

One Love couplets:

<https://www.youtube.com/playlist?list=PLER3tUtBYs3C3WuFPE0HosLE6HT93g3rC>

### **Common phrases/words for ages 3-5:**

- Making love
- Getting really close
- Fit in a wonderful way
- Give a special part of ourselves
- God takes a piece of daddy's body and mommy's body, which is why you look a bit like both and are different from everyone else
- Penis/Testicles
- Vagina/Womb
- Breasts
- Pregnancy (stages at 1, 3, 6, 9 months, focusing on size of embryo as it grows vs. details)

### **Common phrases/words for ages 6-10:**

- Making love
- Having sex is when a man and woman love each other, get married, live together, kiss, cuddle, hold each other and get as close as two people can
- God made mom and dad's parts to fit inside each other like a puzzle
- Penis/Scrotum/Testes
- A man's sperm and a woman's egg=conception (you can mention sperm to egg ratio here)
- Uterus, aka the womb, where babies grow. It looks like mom's stomach but there's a special place inside her where the baby grows.
- Fallopian tubes
- Clitoris/Hymen
- Labia majora/minora
- Embryo
- Pregnancy (stages in more depth, plus birth and C-section)
- Umbilical cord is where food, water and air go right from mom to baby, thus belly button. Once born, the cord isn't needed and the MD cuts it.
- Adoption (in more depth)

- A baby is not made every time a husband and wife make love, just at special times when the sperm and egg are perfectly matched.
- You might be a mommy/daddy if God blesses you that way

### *Key reminders:*

- Listen carefully to the question before you answer it
- Be consistent in your responses and answers (children thrive on repetition)
- Be precise and matter of fact
- Use the same manner/tone to answer sexual questions as with all other questions
- Children don't have the same societal baggage adults do (they can be just as curious about a vagina as an earlobe)
- Answer generally, not giving more than the child asks (children only absorb as much info as they can so don't worry if you say too much)
- Reiterate the importance of being mindful of our emotions and working to keep healthy emotionally
- It's normal to cry when you feel sad
- Clarify that washing hands does not mean body parts are dirty but about maintaining cleanliness
- Reiterate that their body parts are private and not to be seen/touched by anyone other than parents or persons in the medical field as needed and to tell parents immediately if something happens

### *Internet resources:*

- <https://clevelandclinic.org>
- <https://www.healthline.com>
- <https://www.mayoclinic.org>
- <https://www.medscape.com>
- <https://www.merckmanuals.com>
- <https://www.ncbi.nlm.nih.gov>