



4 Ways to Make

The Talk

Less Daunting





4 Ways to Make
"The Talk"
Less Daunting

By Mary Flo Ridley,
Founder of The Birds & The Bees



- *When is the Best Time* -
to Talk to Your Children about Sex?

Almost every time I speak to parents, they ask me “When is the best time to tell my children about sex?” Parents who are conscientious want to get this right. They don’t want to tell their children too early, and they don’t want to be too late. Here is the problem with that question....it doesn’t take into account the fact that children who are the very same age may live under the influence of different age groups.

Let me explain.

I’ll introduce you to two 6-year-olds. Here is Will. Will is a first-born 6-year-old. He lives in a 6-year-old world, tells 6-year-old jokes, watches 6-year-old TV, so basically Will’s world does not reach beyond the scope of a 6-year-old.

Now I’d like for you to meet Hudson. Hudson is also a 6-year-old, but he is the youngest of four. Hudson has a 16-year-old brother, and twin 12-year-old sisters. Hudson tells 16-year-old jokes, watches 16-year-old TV. He doesn’t know who Big Bird is, because his older brother told him that Big Bird is for babies, and Hudson is no baby. Hudson also knows everything that is on his sisters’ Facebook.

Even though Will and Hudson are both 6 and are on the same soccer team they are living in different worlds, and they come to first grade with different perspectives and with different information.

You see, our families are the age of our oldest child... and the rest just have to keep up! We are involved in the activities of the oldest child, and our younger children get exposure to things that our first-born wasn’t exposed to. Because of this reality, the big question changes from “When do I tell my children?” to “Do I want to be the one to tell them?” If you want to be the one, then telling them will come sooner than you think!

This is actually very good news. Giving parents the power of the first impression, and the privilege of these early conversations, is a key to parenting on this important topic.





- 4 Simple Ways - to Make “The Talk” Less Daunting

ONE: Start Early

Your child may be 4 or 5 or 7 and you wonder how to answer questions like: “Mommy, how does the baby get out of you?” or “How did that baby get in?”

If you aren’t prepared, this can be heart-stopping! And yet this is a time in their life when they are naturally curious, and it’s an excellent opportunity for you to begin tiny and age appropriate conversations with them on the subject of sex. Are you prepared to capture these teachable moments? What should you do first to get ready?

As parents **you** want to be are the first place that children hear about sex, so that you’re building a foundation of trust and understanding around these discussions and showing children the bigger picture through age-appropriate examples.


TWO: Keep it Simple

Is there anything more intimidating in the world of parenting than the idea of talking to your children about sex? When do I talk to them? What do I say? Are they ready? Am I ready?

In my conversations with parents about this topic, I like to remind them to keep it simple: basic biology and your values.

**Start
there.**





Every day our culture bombards our children with its own messages about sex, and most of those messages are degrading and disturbing. As parents we need to find our voice, and for our children's sake, speak up!

THREE: Have a Plan

With everything else in life, having “the talk” is so much easier when we have a plan of action.

The biology remains the same from family to family, but the values do not...so take some time to consider exactly what your family values are...your core beliefs about sex. What do you want your children to understand **the most** about sex after growing up in your home? Answering that question will start you on the path to knowing what your values are and being able to state them clearly.

This is what I call “Your Message”... and I believe it is the essential first step to shaping your child's sexual character.

At the Birds & Bees you'll find suggestions and encouragement for these vital conversations with your children — primarily we're talking about children in the pre-school to pre-teen ages.

First conversations.

First impressions.

These can be powerful and meaningful moments that you will not want to miss.

Life can be so complicated, and as a parent, this subject can be particularly daunting. Let's see if we can't make it a little simpler, and so much better.





FOUR: Stick to the Basics

In the strategy that we give parents for talking to their children about sex, there are six simple steps that make up the foundational information.

They are:

- *Your Message*
- *Respectful Vocabulary*
- *The Story of Birth*
- *Seeds and Eggs*
- *Conception*
- *Continuing the Conversation*

We like to start with **your message**. This first step doesn't involve your children, but it is the most important step.

You need to answer **this** question: "What is the main thing you **want** your children to know about sex?"

- *If you are a person of faith, what is the faith message you believe you want to send?*
- *Consider what the purpose(s) of sex may be? What was it designed to be? Being grounded in this message will help you to answer your children's' questions with clarity. They will need more than the basic biology, they also need context and the reasons for why any of this matters.*
- *If faith is not your main interest, then consider what major themes you may want to focus on... their future health and well being? The purpose of their reproductive parts and how to respect and take care of them?*
- *What expectation and hopes do you have for your children? What will their image of sex be as a result of growing up in your home?*





Whatever matters most to you will be the foundation of your message.

This is quite personal, and consequently the messages will vary from family to family. But the important thing is that you are confident that **your** message reflects **your** values, and what you truly believe you desire to communicate to your children. After you have taken some time to think about this, reduce those thoughts into one sentence.

Here are a few examples:



... Just kidding on that last one.

The more excited you are about this message, the less reluctant you will be to talk to your children... and that’s what we are looking for. Starting the conversation. Next you’ll want to consider the next step in these conversations: **vocabulary**.

These are some helpful tips to get you started thinking about how you want to speak to your children about The Birds & The Bees!





- 3 Ways to Get Started Today! -



1

Get Educated!

Go to birds-bees.com and check out our [“Why”](#) page for more motivation. Then ask your spouse or other parents where they feel they are in this process and have a conversation about where they’d like to be.

2

Learn about Hosting an In-Home Gathering

In one evening you can watch the simple 6-part [video series](#) with other parents. It’s been created to empower you to feel confident speaking in a safe and healthy way to your children about sex.

3

Begin Using Respectful Vocabulary Words

The second video in our series covers why it’s so important for your children’s safety and understanding that they are able to identify their body parts and to know that they are private...and not just familiar with the “wingy-wangy” words we sometimes use with them.





These are some helpful tips to get you started thinking about how you want to speak to your children about The Birds & Bees!

We have a simple video series and guides created to empower you as a parent to feel confident speaking in a safe and healthy way to your children about sex.

Learn more about hosting an in-home gathering!



BIRDS & BEES