

The Birds and the Bees

why learning about sex at a young age is more important than you think

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“Let me tell ya ‘bout the birds and the bees And the flowers and the trees And the moon up above And a thing called ‘Love’.” Dean Martin’s 1964 pop hit makes it seem easy to talk about the “birds and the bees,” but for many parents it’s not so easy to talk about. The birds and the bees is something many of us joke about, but being educated about it can have a major effect on a child’s life. Through teaching children about sex at a young age, you can prevent them from making mistakes as they grow up and become introduced into some of the dangerous parts about life.

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Even as a toddler, children should know about their bodies. A good way to start is by teaching your child about his or her body parts and making them extremely comfortable with them. Not only is it important to inform your child about his or her own body parts, but is also necessary to teach him or her about the body parts of the opposite gender. This stage should be a broad learning period for your child. According to Parenting Magazine, since a toddler won’t understand the details of reproduction, it is fine to simplify it by saying something like “Mom has a uterus inside her tummy, where you lived until you were big enough to be born.”

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As your children grow and start to understand the significance of learning about sex, it becomes more important to get into specifics about their body. Teaching your child about consent is another significant part of their learning as children begin to be more touchy. According to an article by The Week Magazine, University of Montana professor Veronica Johnson said, “Parental influence is essential to sexual understanding, yet parents’ approaches, attitudes, and beliefs in teaching their children are still tentative. The way a parent touches a child, the language a parent uses to talk about sexuality, the way parents express their own sexuality and the way parents handle children’s questions all influence a child’s sexual development.”

