

AGES AND STAGES

Aged four to eight

Part of the 'TIME TO TALK' series

“He keeps asking all these awkward questions!”

Children of four and five are getting more interested in the biology of how things work and in other people's bodies. They are curious about pregnancy and birth and what will happen when they grow up. Even at this age, things they see on TV can puzzle them.

“timetotalk”



Parentlineplus

because instructions aren't included

0808 800 2222

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Children and young people need and want their family to help them to sort out fact from fiction, to understand what is happening to their bodies, to talk about their feelings and their relationships. What they are ready to know will depend on their age and their maturity, but remember, the earlier you start talking to your child about these things, the easier it will be to talk about them when they're older.

📌 **Tips for talking to your child**

- ✓ **Be open.** The more open you are with your children, the less embarrassed they will be about asking questions in the future.
- ✓ **Act normal.** Make your chats a part of everyday life. By making it completely normal to talk about growing up and relationships early on, you are encouraging your children to talk to you about anything that troubles them, now and in the future.
- ✓ **Talk about puberty.** Girls can start periods as early as eight, and both boys and girls need to know about what puberty means both to them and to the opposite sex.
- ✓ **Dads!** Start talking, particularly to your sons. Boys will then know they can turn to you whenever they need to talk about their body and the changes that will happen in the next few years.

Finding it difficult to talk to your children?

Parentline Plus is there to help – contact Parentline on **0808 800 2222** or take a look at our website www.parentlineplus.org.uk

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