

## Learn More about Safe and Unsafe Touches

### The Concept of Good and Bad Touches is Confusing

It is important to teach children that no one is allowed to touch their private body parts however there are circumstances when this type of touching is necessary. Young children need adults to assist them with toileting and bathing. An examination by a doctor during a check-up or illness may be necessary. Children need an explanation that these situations are important for good health and cleanliness.

### Develop Routines when Caring for Private Body Parts

-

Clearly define for your child who should help with the care of his or her private body parts.

-

Teach the child to wash his or her own private body parts as early as possible.

-

Encourage him or her to practice independent toilet habits as soon as they are able.

The goal is for the child to recognize a difference in routine and tell you about it.

### Use Routine Doctor Examinations as Teachable Moments

A doctor's examination can be very confusing to young child even if they have been taught basic touching safety rules. Why? ... because we tell children not to let anyone touch their private body parts and then we allow doctors or nurses to do just that.

-

Remember - a parent or caregiver should always be present during an examination by a doctor or other healthcare worker.

The doctor needs to ask the parent's permission to examine the child's private body parts. Children aren't always cooperative during a doctor's exam, if this happens, reassure the child that the exam is necessary and is allowed because you (or a grandparent or caregiver) are there and will keep him or her safe.

The challenge when teaching about safe and unsafe touches is helping your child understand - not all unsafe touches feel "bad", and not all safe touches feel "good".

TALKING ABOUT TOUCHING SAFETY

HELPS YOUR CHILD UNDERSTAND THE DIFFERENCE