

**Subject:** How to Talk to Your Child About Their Bodies at Every Age | January Blog from the Poe Center  
**From:** "Jennifer Bell" <j.bell@poehealth.org>  
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The Alice Aycock Poe Center for Health  
Education

**Effective, Valuable,  
& One-of-a-Kind**

Schedule

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A family of 5 sits on the couch in front of a fireplace

## How to Talk to Your Child About Their Bodies at Every Age

Adult man and younger child cook  
together

**Blog: How to Talk to Your  
Child About Their Bodies at  
Every Age**

**Heather Schnegelberger, CFLE**  
Health Educator

Children who learn about their bodies at a young age, including the proper names and functions, may experience greater self-awareness, greater confidence, and less anxiety as their bodies grow. This kind of confidence in a child is not only SUPER, but also POWERFUL!

[Read More](#)

Health Educator teaches a Family  
Life program

### **Featured Poe Programs:**

**My Body, My Buddy:**  
**Ages: 3-4**

Identify eating healthy foods, being physically active, and sleeping as ways to take care of your body.

**Healthy Habits:**  
**Ages: 5-6**

Discover the importance of healthy habits, check out what foods belong on "MyPlate" and visit the Poe Cafeteria.

**It's Up 2 U!**  
**Ages: 8-11**

Learn about how drugs affect our body, the difference between medicine use and substance misuse, who it's safe to get medications from, and other needed skills to help keep you healthy.

**Puberty Detectives:  
Ages: 9-10**

Step into the role of a detective as you learn to respect the differences of others, find the clues to determine the qualities of healthy and unhealthy relationships, and investigate the physical, emotional, and social changes related to puberty.

[Read More](#)

**Resource Directory  
logo**

**Featured Resource: Poe  
Center Resource Directory**

Explore the Poe Center's resource directory for videos, websites, activities, and other health-education material recommended by our team of health educators.

[Explore More](#)

**Lock Your Meds ad**

**#ExperiencePoe**

Poe's trained licensed health educators offer over 50 interactive programs for children, teens and adults. Classes align with the NC DPI Healthful Living and Science Essential Standards. Go to [poehealth.org](http://poehealth.org) for a complete list, or click on a topic area below to explore more.

**Skeletor  
symbol,  
symboli  
General  
Health  
Curricul**      General Health

**Tooth  
symbol,  
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Dental  
Health  
curricul**      Dental Health

**Interloci  
male  
and  
female  
symbols  
to  
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Family  
Life**      Family Life