

# When should I start talking to my curious son about sex?

## Question:

I have a young boy who's very inquisitive. I'm unsure when we should speak to him about his expected body changes, differences between boys and girls, sex, etc... I have read it's best to discuss these subjects before they learn about them on the playground but, to me, in many ways, it seems early.

Rosa

## Answer:

Even a confident, educated adult may broach the subject of sexuality with trepidation. Our discomfort, in fact, that the topic may be avoided until absolutely necessary. This usually results in a very awkward conversation between parent and child.

Fortunately, this doesn't have to be the case. The general consensus by experts says that we can start to teach children about sexuality at the earliest age possible by teaching the child the proper names of body parts and their function in a matter-of-fact way.

The less nervous we are about this fact of nature, the more at ease our children will be. It can be nerve wracking for parents, but it's a necessity as children who have no knowledge of the facts of life can be "educated" by their peers and the information they will get is almost always wrong.

It's important to take opportunities as they arise. This can come in the form of bath time, questions, television shows and even overheard schoolyard conversations. The more we discuss sexuality and our bodies in a



## Parenting on the same page

with DANIELLE LALONDE

comfortable way, the easier it is to have open and honest discussions without the forced, formal conversations.

Teaching our children about their body parts and functions, as well as our moral views on sexuality, can also assist in their safety. Open dialogue can keep the lines of communication open between parent and child on a variety of topics.

So, yes, while there's the possibility that your child might blurt out something embarrassing in the middle of the shopping mall or church, in the end it's probably a good idea to start on the subject sooner, rather than later. Resources to help talk to your child about sexuality are available at the Milton Community Resource Centre/Ontario Early years on Bronte Street.

*Danielle and Sue accept questions from the public at [Danielle@mrcr.on.ca](mailto:Danielle@mrcr.on.ca).*

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## on a HOT Summer Night Classic Car Show

Friday July 17, 2009  
(show starts at 6:00 pm)

## Be a Volunteer

Sign up today to be a part of the 50-member team that helps make this event a success. There are many opportunities to help at this year's Classic Car Show! (High school students can earn volunteer hours.)



## Mandatory Orientation Session

Monday July 13, 2009

7:00pm

The Ivy Arms

RSVP by Thursday July 9, 2009

905-876-2773

(Space is limited!)

\*Pre-1976 vehicle registrations still being accepted!\*

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# MORE TRAINS. MORE CHOICES.

STARTING MONDAY, JUNE 29, 2009,  
THERE WILL BE MORE TRAIN SERVICE AND SOME CHANGES TOO.

## 21-MILTON GO TRAIN & BUS

A new weekday eastbound train will depart Milton GO Station at 8:08 a.m., serve Lisgar at 8:16, Meadowvale at 8:20, Streetsville at 8:25, Erindale at 8:30, Cooksville at 8:35, Dixie at 8:40, Kipling at 8:45 and arrive at Union Station at 9:04 a.m.

With this new train, bus trips that arrived at Union Station between 9:20 and 9:40 a.m. will be discontinued including some eastbound trips stopping in Milton at Main & Martin, on Derry Rd., and at the Square One GO Bus Terminal.

A new weekday westbound train will depart Union at 5:40 p.m., serve Kipling at 5:56, Dixie at 6:01, Cooksville at 6:07, Erindale at 6:13, Streetsville at 6:18, Meadowvale at 6:24, Lisgar at 6:27 and arrive in Milton at 6:38 p.m.

The weekday eastbound 7:58 a.m. train from Milton will now depart at 7:53 and times will be five minutes earlier at all stops along the route including arrival at Union.

The weekday westbound 5:30 p.m. train from Union will now depart at 5:25 and times will be five minutes earlier at all stops along the route including arrival in Milton.

## CANADA DAY

On Wednesday, July 1, GO Transit will be operating on a Saturday schedule.

FOR MORE INFO, VISIT [GOTRANSIT.COM](http://GOTRANSIT.COM) OR JUST GIVE US A CALL.  
SIGN UP FOR E-NEWS AND RECEIVE CUSTOMIZED GO INFO.

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Pour plus de renseignements, veuillez visiter le site [gotransit.com](http://gotransit.com) ou composer un des numéros ci-dessus.



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