



Relationships, Sexual Health and Parenthood (RSHP) Learning at Home **Early Level (Nursery-P1)**

Family and Friendships

At home talk about:

Sharing and playing with others.
Who supports and cares for your child.
Share: photos and memories of your own childhood.
Activities: paint and draw members of the family or make a family tree.

Bodies

At home talk about:

The pants rule (no one should see what is covered by your pants).
Being touched is your child's own choice.
Use correct names for body parts: penis, vulva, bottom and nipples.
Activities: encourage independence - go to toilet on their own and shut door for privacy.

Unique and Special

At home talk about:

Things your child is good at.
What you love about your child.
Discuss how other family members are unique.
Activities: encourage boy/girl friendships, dressing up and play with different toys.

Feelings and Making Choices

At home talk about:

Feelings.
Who trusted adults may be.
How your body may feel when experiencing different emotions.
Help children to recognise that adults can help.

Living Things

At home talk about:

What babies and animals need to grow.
How a baby grows.
Share: own pregnancy experience and what your child was like growing up.
Activities: grow and look after plants (or pets).

Recommended Books

These books will help learning at home. They should be available at your local library.

Do you want to be my friend? By Eric Carle

The Family Book by Todd Parr

Do you sing twinkle? A story about remarriage and new family by Sandra Levins

All about Me by Debbie MacKinnon and Anthea Sieveking

It's okay to be different by Todd Parr

It's my body (teaches to how resist uncomfortable touch) by Lory Freeman

Your Body Belongs to You by Cornelia Spelman

The Huge Bag of Worries by Virginia Ironside

No Means No! by Jayneen Sanders and Cherie Zamazing

What did I look like when I was a Baby? By Jeanne Willis and Tony Ross

How are babies made? By Alastair Smith

Now we have a Baby (how a new baby may cause for change) by Lois Rock

