

## Communication Tips from Debra Haffner's book, *From Diapers to Dating*

- Remember that children want to talk with you about your values.
- Reward your children's questions.
- Don't just wait for the questions.
- It's okay if you don't know the answer.
- It's okay if you feel uncomfortable.
- Find teachable moments.
- Listen to your children.
- Facts are not enough.
- Educate both your sons and daughters.
- Take the time to think about what you want to teach about sexuality.
- It is both parents' job to teach children about sexuality.
- Practice.
- Use words and ideas that are appropriate for your child's level of development.
- It's okay to make a mistake.
- There is no such thing as too late.
- Remember that actions speak louder than words.
- Understand that there is a difference between childhood sexuality and adult sexuality.
- Sexuality education is an ongoing process.
- Don't forget to talk about the joys of sexuality.