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**A Little Girl With A Big Question**

**By Valerie Zilinsky**

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A few nights back, I was enjoying the nightly ritual of combing out my daughter's long hair after her bath. She always engages me in thought-provoking conversations during this time. It's become a special bonding session for us each evening, even if it's just to go over the new experiences she's had that day.

This time, though, she caught me off guard. My darling daughter, who won't even be five years old until next week, asked the famous question, "Mom, where do babies come from?"

I immediately started to respond, "Well, honey, when a man and a woman love each other, their love can make a baby...."

At this point, she quickly interrupted me..."No, mom, I mean, how does the baby get inside the mommy's tummy?"

That was all it took for me. Ten years of reading parenting magazines and advice books continuously, and I had forgotten everything I ever read on the proper response to this line of questioning. My chin dropped to my chest, and my mind was blank.

Luckily, I realized that I had to recover from my momentary brain-freeze, and come up with some sort of answer. My daughter isn't the type to let something go unanswered. To buy myself some time, I told her it wasn't easy to explain, and I'd look for a book that we could read together. This seemed to satisfy her for the time being.

Now, with a few days to get back to her, I can help other parents avoid being caught in the same situation. I'm sure I am not the only parent unprepared to have this conversation with a child this young. So what's the best approach, according to the 'experts'?

Regarding the best time to start talking about sex with your child, Planned Parenthood says, "It's best to start as soon as children begin getting sexual messages. And they start getting them as soon as

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they're born. But don't worry if you haven't started yet. It's never too late. Just don't try to "catch up" all at once. The most important thing is to be open and available whenever a child wants to talk. The rest will take care of itself." (How to Talk With Your Child About Sexuality: A Parent's Guide)

According to Pandorah Turner of [www.RaisingKids.tv](http://www.RaisingKids.tv), "Your 5-year-old daughter may be happy with the simple answer that babies come from a seed that grows in a special place inside the mother. Dad helps when his seed combines with mom's seed, which causes the baby to start to grow" (Article: Talking To Your Daughter About The Birds & The Bees). To me, that seems like a very comfortable way to answer her question. However, it scares me to think what she might ask next!

Many experts state that you should only offer the information that your young children ask for. If you

get too involved beyond their specific questions, most likely they won't retain what you tell them. There is nothing wrong with admitting to your child that you don't know the answer to their question. Instead of possibly providing incorrect information, offer to look up the answers and get back to them, but make sure that you follow through. Be sure to use correct terminology when answering questions, especially when referring to anatomy. If the words make you uncomfortable, practice saying them when you are alone, before you try using them in conversations with your child.

When talking with a 2.5 to 5 year old, according to [www.siecus.org](http://www.siecus.org), "You could say, 'Babies grow in a special place inside a mommy called a uterus.' If your child seems interested and asks more questions, offer more simple answers. The actual information you give your preschooler is less important than showing you're willing to talk openly about sexuality."

There are many books available on the subject, also. For example:

"How Babies Are Made" by Andrew C. Andry, Steven Schepp, Blake Hampton (Illustrator)  
ASIN/0316042277

"Did the Sun Shine Before You Were Born" by Sola Gordon, Judith Gordon, Vivien Cohen (Illustrator), Sol Gordon  
ASIN/087975723X

"How You Were Born" by Joanna Cole, Margaret Miller (Photographer)  
ASIN/068812061X

And there are videos for your use, too, like:

"How To Talk With Your Young Children About Sex...And Why It's Important"  
ASIN/096779840X

So, moms and dads, help is out there – make sure you look for it before you get stuck in my shoes! After picking up a few books, I'll be ready to educate my daughter. I'd rather have her learn about it here at home, than from the media, or her classmates. We live in a society where sex is everywhere we look. We can't simply avoid these uncomfortable conversations. Our children will

learn about it. The important thing is to make sure they learn correctly. And if we keep them comfortable with asking us now, they will be much more likely to turn to us later in life as the outside world gets more complex.

My daughter reminded me once again that our children will continue to grow up, whether we are ready for them to or not. Sure, she's only going on five years old now, but I look back at these last five years, and I wonder how they could have gone by so amazingly fast. The next five years, and ten years, will be gone just as quickly. In today's whirlwind world, procrastination is not our best option.

Valerie Zilinsky is a married mother of two young children, and 'WebMom' of <http://www.RaisingOurKids.com>

## **Hair Bows For Your Flower Girl**

**By Jessica Furtney**

My daughter, Emily (4 years old), was just recently in a wedding for my brother. She was a flower girl. She was so happy and excited about having a part in her Uncle's big day, and it was very hard to keep her relatively calm, this being her first opportunity to be a flower girl. We searched for a flower girl dress and shoes and found frilly little socks, and then we needed to find a wreath for her hair. I did some serious searching on the internet and in many bridal stores that would specialize in items for a flower girl. I really couldn't find anything I liked, so we left it up to the bride. Our flower girl had found something she really liked, and I was thankful not to have to look any longer.

On that wedding day we went to the hair dressers to get her hair done in a special way. After the flower girl "do", we tried to get a very stiff wire crown to stay on top of her head. That wreath was not going to stay on that bouncy, excited little head of my daughter. Still, I was thankful to have something and to have not had to make it myself. It was a rather simple look for a flower girl, so I decided to dress it up with a big, white organza hair bow with tails and all. I put the hair bow on a French clip, thinking that that would help keep this wreath on her head. While we were at the hair dressers and trying to get it to stay on, I realized it needed two alligator clips on the front too. We did manage to get the wreath to stay on, but while I stood there and watched the hair dresser try to get the wreath on, it came to me that what our little flower girl really needed: something light, and simple, but pretty enough to make our girls feel special.

It was then that I came up with a wreath of ribbons in satin, organza, and other decorative ribbons that have been put on a ribbon wreath specifically designed for a flower girl. This made it far easier to either bobby pin to their hair, or even to tie on with a ribbon. We have come up with a light and beautiful hair accessory for any flower girl which can be made in all white, or with a few color accents to match whatever dress you desire. The key for flower girl hair accessories is to make them practical, and yet sophisticated. We tried to make one style that would accommodate any hair style. If the hair style for your flower girl is the "hair down" type of hair style, use our wreath as a headband. If the flower girl needs to have her hair piled in curls on top of her head, then the wreath of ribbons can be tied however tight you need and simply bobby pinned into the hair around the curls.

Jessica Furtney is the president of Bows For Best Friends

, a

company based in Simpsonville, SC that designs and manufactures high quality hair bows and hair accessories.



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