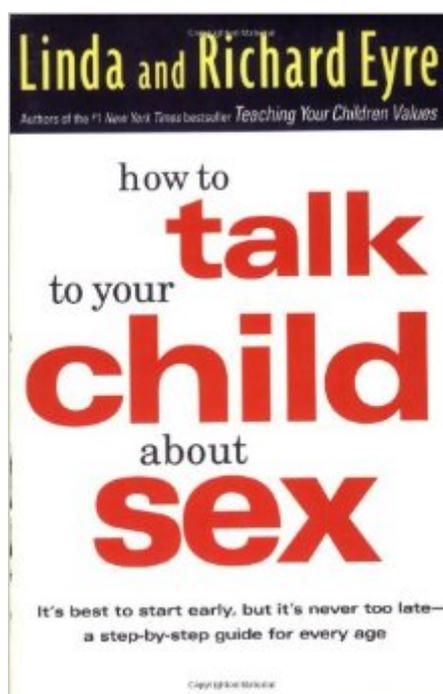


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# How To Talk To Your Child About Sex: It's Best To Start Early, But It's Never Too Late -- A Step-by-Step Guide For Every Age



## Synopsis

Linda and Richard Eyre stress that it's never too soon-or too late-to start discussing sex and values with your children, and they've got proven strategies to make it easier. For parents who want to go beyond the birds and the bees talk, *How to Talk to Your Child About Sex* provides thoughtful, clear, specific guidance on when and, most important, how to help children begin to learn and understand sex, love, and commitment from the most positive viewpoint possible. Preliminary "as needed" talks with three-to eight-year-olds  
The age eight Big Talk  
Follow-up talks with eight-to thirteen-year-olds  
Behavior discussions and guidelines with eleven-to sixteen-year-olds  
Discussions of perspective and personal standards with fifteen-to nineteen-year-olds

## Book Information

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## Customer Reviews

This is the best parenting book I have ever read and used. It has more applicability and direct relevance to my parenting than any other. I saw the author of this book interviewed on TV a while back and decided to buy this book. I was intrigued by his philosophy to teach your children at age eight, and to teach kids that sex is the "most wonderful, awesome thing in the world." I read the book and decided to give it a try on our nine year old. We followed their directions and dialog pretty closely and even used the children's book "Where did I come from" as part of the discussion (this is the book they recommend). We made it a special night for just our son, taking him to his choice of restaurant and having the discussion in a secluded area there. It worked better than I had ever imagined. We had a wonderful evening sharing this marvelous secret, and setting the record straight in his mind. There were a few embarrassing moments (like when he would look up from the

book and say, "really, that's what you do? OK.") and my wife and I were quite nervous. However, after the discussion our son actually thanked us and said how glad he was to know the truth. We felt a closeness that we have rarely felt with our boy. I truly feel we have created a basis on which our parent/child relationship can build. He now feels he can talk to us about anything and he knows we will be upfront with him. I am now giving this book to all my friends with kids. In my mind, this is how sex education should be taught!

I really like this book. I think in our world you need to start teaching your kids earlier than most might think. 8 is a good age. But I STRONGLY DISLIKE the accompanying picture book the Eyre's recommend called, "Where Do I Come From?" by Peter Mayle. It is WAAAAAY TOO DETAILED AND GRAPHIC. I'm sorry, but I would prefer to tell my kids the mechanics without having a picture of a couple having sex for them to look at and details about how it "tickles" to move the penis up and down in the vagina until you want to "pop." They don't need that much detail at age 8.

We have to say that this is the best book for "How To" we have encountered! It addresses all issues accompanied with sexual perceptions kids deal with today. Getting to the root of WHY parents need to be the 1st to talk and HOW to help children sort out the garbage that can send mixed signals about our relationship with ourselves and others. Moreover, it sends a message that you think your child is so wonderful and your love so great for them, that you will be the 1st to talk to them about it-- regardless if it is at 5, 8 or 10. We have found 8 is NOT too early to talk about it.... If you have found this book later, then-- it isn't too late. Some of the language is a bit quirky-- but, as with most books, one must speak what comes out best for them. For us.... a "BIG HUG" was not the way to discuss SEX in all of its glory-- so we chose to use the words, "a special part of you". For us, sexual intimacy IS the most personal part of ourselves that we share. Love is the root and if parents don't have love and for themselves, each other, or their children do not feel love or understand what love means, then they will have problems dealing with sex and why it is so special. I agree that ALL children need to know from you that you are committed to your family and them as individuals. Tell them!!! Sex is wonderful, very special and has a lot of facets that go unnoticed like: Modesty, respecting and protecting our bodies, loyalty, respect in general, and how nature plays a part in WHY sex is great, special and wonderful. The Eyre's touch on all aspects incorporated into sex, leaving out nothing. Ultimately your timing may be different than theirs, but the concepts and delivery are good ways to get the "talk" done. Highly recommended. Don't miss reading what their children all have to say about the "big talk".

I admit, I am a conservative mom. This book gave me just the advice I needed to put things in proper perspective for my child. It may not be applicable to all parents, but I really appreciated the strong moral base.

As a parent and a family therapist, I agree 100% with Linda and Richard Eyre's statement that "Our goal must be to teach them, help them, motivate them, and protect them long enough to allow them to set the right goals for themselves". This book does really do what it says it does! It is a step-by-step guide for every age about how to talk to your child about sex. I liked that the book breaks it down into age appropriate stages and what to cover at that stage, many books do not contain information for the 3 to 8 year olds and this is a very important time to lay the foundation of great communication and openness of talking about sex as well as helping put some of the parents values as part of the families values. I was also impressed with the information for the -15 to 19 year olds - for the parents who were wanting their children to wait to have sex or wishing they would wait. Eyre's feel it is best to start early with the sex talks but it never too late. It was nice to read a book that breaks it down into sex, love and commitment. It was a very practical and doable approach for any type of family communication.

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