



# Family Life Programme

## Grade 1 and 2 In-Class

Our Grade 1-2 programme is usually held over two 30 minute sessions. The programme begins with a discussion about what is important and special about families and also some different family structures. We then talk about how babies begin, grow and develop. The many needs of babies are also touched on. An important part of our programme is a discussion on children's safety and how its not okay for someone to look at or touch their private parts. Please be assured that all of the information discussed is delivered in an age appropriate manner.

*NB: The order of content delivery may vary depending on individual situations.*

### **Content:**

- The importance of families (e.g. someone to love and care about you)
- Different types of families (single parent, step, adoptive etc)
- Ways we show love in families (being good, kiss, hug etc)
- What we love about each other
- Family rules
- How babies begin and grow: egg, sperm, fertilisation, uterus/womb, amniotic fluid, placenta, umbilical cord, birth etc.
- Twins
- Difference between girls and boys (penis/vagina)
- Keeping safe
- Baby needs (to be fed, to be put to sleep etc)

To facilitate the delivery of the above information, a PowerPoint presentation is shown and a book called 'Happy Birth Day' is read. In addition to this there are foetal models and anatomically correct newborn dolls which the children can view. Also there are numerous worksheets which may be used either during class time or sent home for homework.

If you have any questions or concerns or would like any additional information please do not hesitate to contact the Family Life Co-ordinator:

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