

## Growing and Changing – part of our Personal Social Health and Economic Education (PSHE)

Year Group: Nursery

### What your child has been learning about:

This half term's PSHE topic, "*Growing and Changing*", will incorporate Relationships and Health Education (RHE) and will be designed to cover the key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children will also learn how to keep themselves safe and how to ask for help when they need it.

In the "*Growing and Changing*" unit for Nursery, your child will observe changes in the seasons and how plants and animals change over time, including tadpoles, caterpillars and eggs. They will be supported to identify how they have changed as they have grown, think about what babies need, and talk about what they might want to be when they grow up.

During these lessons and activities, children will be encouraged to recognise different types of families and talk about their own families. The aim will be to help children understand that although families may look different, all families provide love, care and security.

Children will also explore similarities and differences between girls and boys. Any gender stereotypes that arise will be gently challenged so that all children experience a rich and broad curriculum that is not limited by stereotypical ideas about what is appropriate for girls or boys. Building on this learning, children will be taught the names of body parts using the correct vocabulary. They will learn which parts of their body are private and why these should be kept safe. Children will also be taught how to tell or ask a trusted adult for help if they feel unsafe.

### Vocabulary your child has learnt:

Seasons, growth, plants, change, weather, penis, vulva, private parts, life cycle, baby, growing up, adults, families, love, care, safety, differences.

## Questions your child may ask at this age:

- Why do things change?
- What parts are private?
- What do you call private body parts?
- Why are they private?
- Do you have a penis or a vulva?
- Why do some people have different families?
- What is important about families?
- Have you ever felt unsafe? Why?
- Why do people have jobs?
- What did I eat when I had no teeth?
- What did I look like when I was a baby?
- How have I changed?
- Can boys and girls do the same things?



## Resources for Parents: [SCARF Growing and Changing Parents Page](#)

**OUTSPOKEN**  
Sex Ed

[Age 2-5 | Outspoken Sex Ed](#)



[Sexual Development in children](#)



[A Resource for Parents](#)



[Amaze Junior](#)

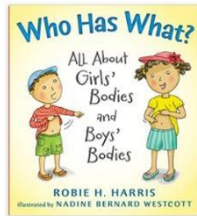


[The Underwear Rule](#)

Books to support learning:



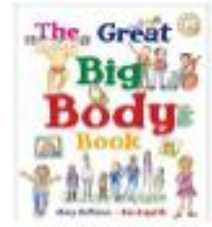
[Book Lists - All About Me](#)



[Who Has What?](#)



[The Great Big Book of Families](#)



[The Great Big Body Book](#)