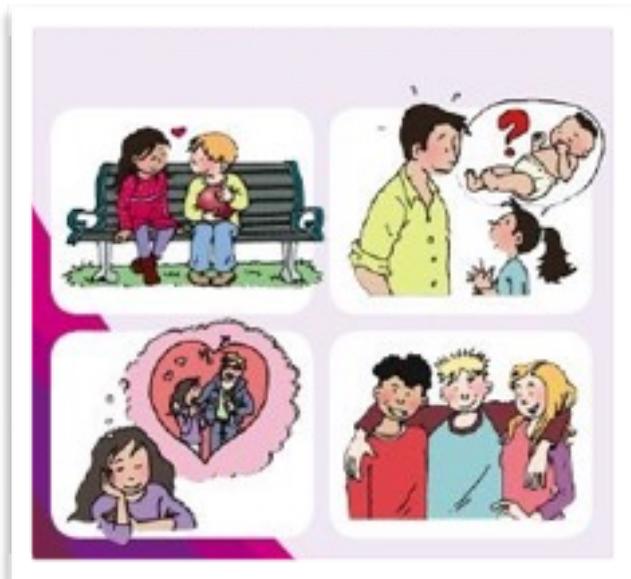


# Spring Fever Parent Diary



- Reception -

## Introduction:

There is often a lot of misunderstanding about what a comprehensive relationship and sex education package might contain, especially when aimed at primary school children. There is the worry that children will lose their innocence if we give them certain information too soon. The evidence suggests that this couldn't be further from the truth.

In fact, Spring Fever is an evidence-based package which progresses year-by-year to an age-appropriate level. The programme is designed to be delivered across all year groups and builds in knowledge and details along with the children's natural development and curiosity.

There are four key themes that run throughout the programme:

- Physical development & self-image
- Reproduction & Family forming
- Social & Emotional Development
- Assertiveness:

These topics provide a framework of lessons which puts everything firmly in context and focuses on children learning the skills to form and maintain positive relationships, especially friendships, based on respect and empathy.

Indeed, the focus is on providing children with a safe space to ask questions and offers fun and responsible support which enables children to express and deal with their feelings in a positive manner.



## Parent Diaries:

These diaries have been designed to ensure that you are aware of the content of each session your child takes part in day by day.

Not only is useful to put your mind at rest and but also it can give you an idea of what to expect so any questions or comments your child may make don't catch you by surprise or feel like they have come out of the blue!

Each day we have provided an overview of what topics have been covered, but also given you a few clues of ways to carry on conversations at home.

This is an idea opportunity to begin having little conversations with your child and give them a platform to ask any questions they may have. It will help to re-enforce the notion that talking about their feelings, relationships and bodies are not anything to be ashamed or embarrassed about.

It can be scary when your child asks you questions and we all are sometime shocked by how early they ask particular question. You may not be ready to answer them, but they are ready for an answer!

It is better they hear an honest answer from you - than go away confused and thinking they have done something wrong.

It is ok to be unsure about what to say - if you need more time tell them how good it is that they have asked but you need sometime to think about how best to answer - tell them that you will have a think and come back to them later. Just make sure that you do.

Try and always explain things as simply as possible. If they need to ask more they will.

# Lesson One:

## Who am I?

### Looking at differences and similarities amongst friends.

#### Key Points:

Children will explore their bodies and compare their physical features looking at the similarities and differences between themselves and their classmates.

Children will become aware of their individuality and learn that everyone is unique and special.

Children will learn to appreciate and respect their individual differences.

#### Questions & Conversations at Home:

Discuss the similarities and differences amongst different family members.

- Who do you look like most at home?
- Who has the same colour hair or eyes?
- What is special about you?

Look at family photos or a mirror to compare features.

any comments:

# Lesson Two:

## What do I feel?

### Exploring what feels nice and what feels unpleasant

#### Key Points:

Children will become aware of positive and negative feelings by touching different objects. They will learn how to show each other when they like or dislike an object.

#### Questions & Conversations at Home:

Discuss what objects they touched.

- Which was their favourite (and why)?
- Which didn't they like (why)?
- Did everyone agree?
- How could you tell if they liked it or not? Did they pull faces?

Find some objects at home that feel nice/unpleasant to touch.

any comments:

# Lesson Three:

## Being Naked?

**Naming all parts of the body and understanding the rules about being naked.**

### **Key Points:**

Children will learn that there are different rules and habits when it comes to privacy and nudity and how they may differ depending on the situation.

As part of this session children will learn the correct names for both boy's and girl's genitals.

### **Questions & Conversations at Home:**

Discuss and test them to see if they can name all of the body parts.

Talk about their own habits at home when taking a bath or using the toilet, or visiting the swimming baths.

- When do you have to get naked?
- when does it feel nice to be naked?
- Do you mind when someone sees you naked?
- Do you lock the bathroom door at home? what about out in public?

any comments:

# Lesson Four:

## At home:

Who is in our family? Are families all the same?

## Key points:

Children will learn about different types of families and respect different family situations. They will explore their own and their classmates family situations.

## Questions & Conversations at Home:

Did you have to draw pictures of your family at school. Who did you draw?

- Does everyone have a family like we do?
- What different types of family are there?

any comments:



# Lesson Five:

## We are Friends:

### What makes a friend and who are our friends?

#### Key Points:

Children will learn about the importance of friends and friendships and how to tell someone you like them.

#### Questions & Conversations at Home:

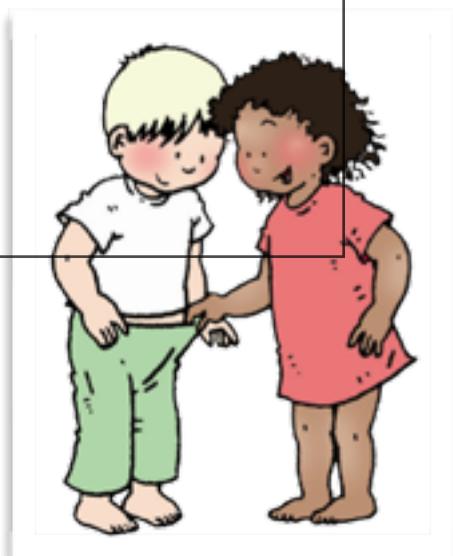
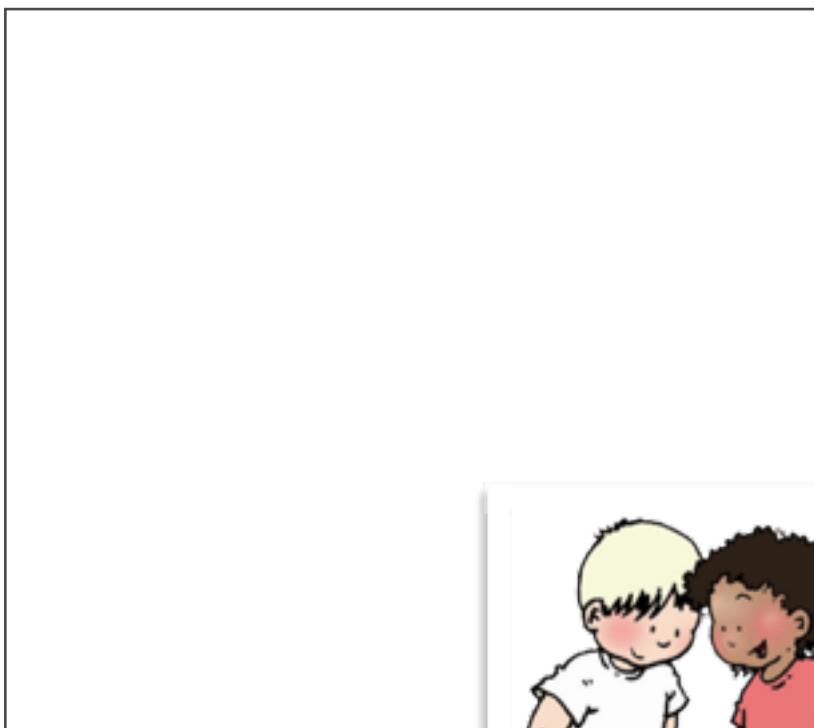
Ask about who they play with and who are their friends.

- why do they like them?
- What do they do together?
- Do they know anyone that doesn't have any friends?
- How might it feel if they didn't have any friends?
- What could they do about it?

any comments:

## Words we are using at school:

These are the words we are using at school. It is important that you and your child have the same vocabulary and are aware what each other mean. Even if you choose not to use these words at home it is important that you check them against any words you do use.



any comments:

A large empty rectangular box for writing comments.

