



**FOR IMMEDIATE RELEASE: 7/23/14**  
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## Have you had “the talk” with your child?

Stanton- The thought of having “the talk” may make most parents cringe, but research shows that children and teenagers actually wish parents would talk with them about sex more than they do. This conversation may be downright uncomfortable and parents may not be sure how or when to begin, but it is a conversation that definitely needs to take place.

Here are some tips to get you started:

- Use truthful, useful and age appropriate information. If you are unsure how to answer a particular question, do some research and get back with your child when the information is found.
- Begin the discussion sooner, rather than later, because kids develop questions over time. Also, gradual conversations are less overwhelming for all involved than one big talk. Many smaller conversations also allow the parent to become a trusted source of information.
- Avoid ignoring the subject, and take advantage of teachable opportunities whenever they present themselves. Children’s books (i.e. *It’s So Amazing: A Book about Eggs, Sperm, Birth, Babies, and Families* by Robie Harris) can be used to introduce the topic as early as age five.
- Know when your child’s school will be covering reproductive health, and what will be taught. Be sure to ask your child what they learned and if they have any questions.
- To help relieve tension, state verbally that the conversation may be awkward before you begin.
- Listen to the child even if you disagree, and be open to all questions.

It’s true parents can’t control the decisions their children make, but through open dialog, they can provide critical messages that can help their kids abstain from sex and avoid unintended pregnancy, HIV, and other sexually transmitted diseases.

-more-

## 2- The talk

For those considering family planning services, keep the Mid-Michigan District Health Department (MMDHD) in mind. MMDHDs Family Planning program is committed to providing quality, affordable pregnancy prevention services, promotes making good choices and strives for pregnancy to happen by choice.

For more information about MMDHDs family planning services, visit [www.mmdhd.org](http://www.mmdhd.org) or call your local branch office at:

Clinton County: 989-224-2195

Gratiot County: 989-875-3681

Montcalm County: 989-831-5237

*Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.*

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