Where Did I Come From?

"WHERE DID I COME FROM?"

The facts of life without any nonsense and with illustrations.

Written by bestselling author Peter Mayle
Illustrated by Arthur Robins

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My mother tried teaching me about sex starting at about age four or five--I'm not sure I was ready to hear it at that point, but, as life would have it, a therapist had a copy of Where Did I Come From? on her coffee table when I went to go see her at age six. I was curious about the book, since the pictures were engaging and the topic matter was obviously interesting to me, so she read it to me. It was interesting and fascinating, and funny--the pictures were cartoony enough to be specific but not threatening or gross. I actually recall asking her to read it to me a number of times, and I asked tons of questions. I can't say how I would have responded to having my mom read it to me--a neutral third party was probably the best person, for me, to hear it from, just because my mom tended to get very self-conscious teaching me about sex, and that made me uncomfortable (although, God bless her, she did try!). I really enjoyed the book as a child, and it taught me everything I needed to know to understand what sex and puberty were so that by the time those things happened, I knew not only what was going on, but because it was so easy to ask questions with the book, I knew I could ask more questions of my mom and other adults in my life (doctors, health teachers, etc)(and find more books) when the time came. (I actually can't stress that enough--when it was about time for my friends and I to start menstruating, we actually went to the library (without our parent's
knowlege) and took out a book called "Period" to tell us more about it (another great book--I don't know if it's still in print or not-- just the right speed for 10-12 year olds). And that helped a lot too. If you're looking for a way to ease into talking about sex with your kids, Where Did I Come From?

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