

Where Babies Come From

SPHE STRANDS:

**Myself – Taking care of my
body – Knowing about my
body – New life**

**Myself and Others –
Relating to others**

Chatting:

- Chat with the children about the changes in puberty covered in the last lesson.
- Ensure that the children realise that this is a safe place to learn and discuss.
- Reiterate the importance of discussing what is learned in school with their parents/guardians when they get home and the dangers of looking up these matters on the internet unless they are visiting a trusted website such as Busy Bodies.

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Babies

- Display a picture of a newborn baby.
- Ask the children if any of them have a newborn baby at home or a new cousin or neighbour. Talk about how they look, how helpless they are, what they need to keep them alive, hair colour, tiny nails, etc.
- Now explain that we are going to watch a video which explains how babies are made, but that, a bit like when you plant a seed and a flower grows, we can only explain so much. New life in all its forms is part of the wonder of creation and is a miracle in itself.

Video

Invite the children to look at the following 'Busy Bodies' video entitled 'How Babies are Made':

https://youtu.be/8ktKO_qVmPw

After the video ask the children these or similar questions:

- Do you have any questions about what you have learned?
- Was there anything that you want to know more about?
- Where could you find out more or who can you discuss these topics with? Encourage the children to talk to their own parents or older brother/sister or trusted adult. Show them the link to the 'Busy Bodies' website as a good resource to find further information and so their parents can also see the videos for themselves.

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Strongly discourage the children from using the internet to search for this material themselves as they will encounter lots of unsuitable material.

- Be mindful that children may bring up that babies can come into families by adoption, surrogacy, fostering and to same-sex couples. Emphasise that babies are a gift from God in all circumstances and that God is at the centre of love in all families.

Crossword

- Break the class into groups of two or three and ask them to complete the following crossword together. This will consolidate some of the terms, but more importantly, will help the children to be less self-conscious about using them.

Handouts/Letter

It would be a good idea to have a handout/letter to give to the children going home from school with links to the Busy Bodies website, explaining the topics which have been covered and encouraging conversations at home.

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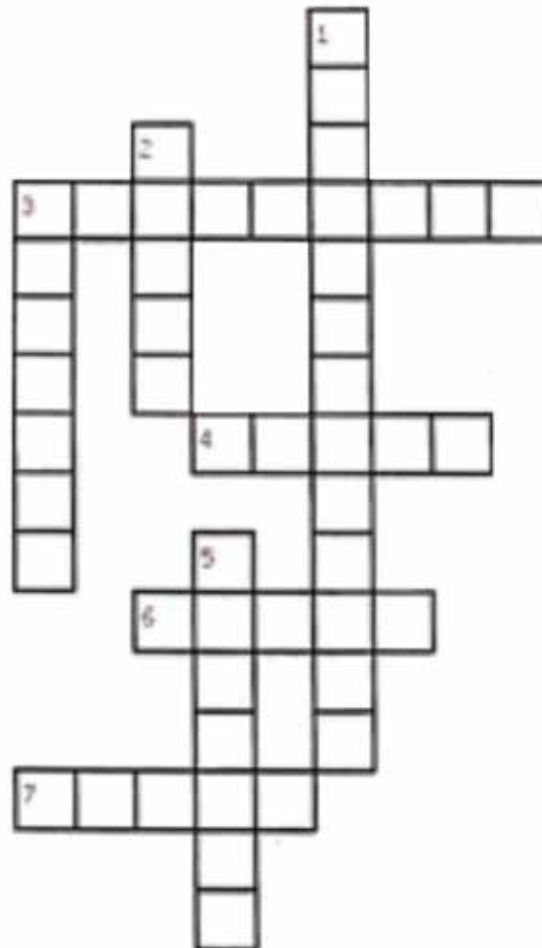


Reflection

Invite the children to sit quietly with their feet on the floor. You may play reflective music if appropriate. Then read the following slowly:

Our bodies are amazing. As human beings we begin as a fertilised egg, and everything we need to grow into adulthood is in that tiny egg. In order for the egg to become fertilised a man and woman must be very intimate with each other. This couple know that they may become parents of a child and this is a really important, demanding job. Sexual intercourse is something that feels good, but there is much more to it than that. In order to bring a wonderful child into the world a couple need to be committed to staying together and doing the very best for their child. A married couple, as part of their wedding vows, promise to welcome children into their lives. They receive God's blessing on their commitment to each other. We ask God's help as we learn about love and commitment and the miracle of new life. Amen.

CROSSWORD



DOWN

1. How babies feed from their mothers.
2. The fluid that sperm travels in.
3. Another name for the menstrual cycle.
5. Time of change between childhood and teens.

ACROSS

3. When a woman is carrying a baby in her womb.
4. Tadpole-shaped cells which travel from the male to the female.
6. Hair on a girl/boy's genitals.
7. Where eggs are stored in a girl's body.