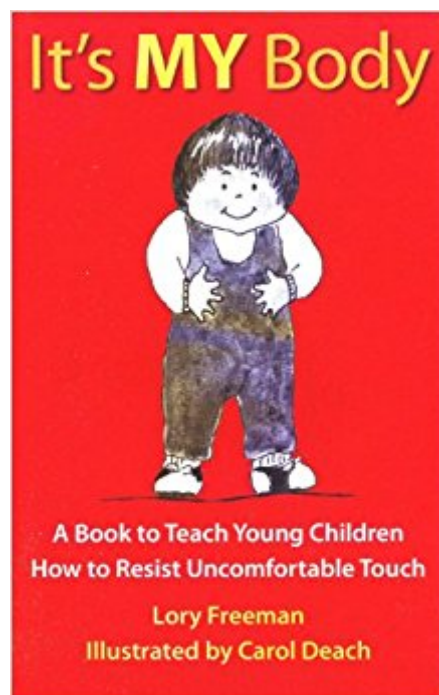


The book was found

# It's MY Body: A Book To Teach Young Children How To Resist Uncomfortable Touch (Children's Safety Series & Abuse Prevention)



## Synopsis

Preschool children can learn safe boundaries, how to distinguish between "good" and "bad" touches, and how to respond appropriately to unwanted touches. This is a powerful book for enhancing self-esteem. Parenting Press's bestseller!

## Book Information

Series: Children's safety series & abuse prevention

Paperback: 32 pages

Publisher: Parenting Press; 1 edition (January 1, 1982)

Language: English

ISBN-10: 0943990033

ISBN-13: 978-0943990033

Product Dimensions: 5.5 x 0.1 x 8.5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 71 customer reviews

Best Sellers Rank: #41,293 in Books (See Top 100 in Books) #7 in [Books > Parenting & Relationships > Family Health](#) #9 in [Books > Children's Books > Growing Up & Facts of Life > Health > Safety](#) #31 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse](#)

Age Range: 3 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

"Sensitive and positive approach to teaching young children how to resist uncomfortable touches by helping them understand a range of touching and the concepts of autonomy and privacy." -- Judith Rovenger, Sesame Street Parent's Guide, Sept. 1990  
"This little book, has been written especially for the preschool child. Material like this can help children to cope with the problem themselves." -- The Reviewing Librarian, Vol. 12 #1 Fall 1986  
"We highly recommend it . . . ." -- Journal of Clinical Child Psychology, Vol. 15, Summer 1986

Lory Freeman (now Lory Britain) has tackled tough topics in all of her books. "It's MY Body," written when her children were young, was one of the first children's books to cover sexual abuse. Now a director of a respite nursery, Dr. Britain is also the author of "Loving Touches," which discusses positive touching and respect for others' bodies, and the new "My Grandma Died," which explains

death and the grieving process to very young children.

We wanted to prepare our girl when she started pre-school. With new people around her offering her help...We wanted to have a healthy, gentle discussion about her body...who gets to touch it, who doesn't. We purchased a set of books that discuss just that. It's My Body is a great beginning to that discussion. It's My Body helped us to incorporate some great thoughts about being body conscience...and a book for our daughter to read on her own, and express her own questions/thoughts. We are so glad we purchased this book. Our daughter has been a part of these open discussions since she was 4...now at 9 she is well aware of herself, and if she just doesn't "feel" good about a person, or a situation...she feels fine about saying so, or getting out of that situation. Thank you for a wonderful start!!

This has been a good book to start the body safety conversation. I like that it has the reader practice saying "I don't want to share my body." I wish there was a distinction between necessary touches (like doctor appointments or helping with bathing/toilet stuff) and inappropriate touches. The pictures leave a little to be desired.

We started reading this to our 3year old, She understands it better then I thought being 3. Glad I bought it to get the message across young and have an open dialog about it. Great buy.

This was recommended by the BSA (boy scouts of America). Really helped in explaining appropriate touching and inappropriate touching to my son without making it feel awkward.

Highly recommend this book for young kids!

Basic way to teach your small kid to be aware and safe and how to say NO!

When my children were younger, it got the point across. I definitely think it tailors more toward smaller children but I liked and appreciated the message for my kiddos.

great book for kids

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It's MY Body: A Book to Teach Young Children How to Resist Uncomfortable Touch (Children's

safety series & abuse prevention) My Body! What I Say Goes!: A book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships My Body! What I Say Goes!: Teach children about body safety, safe and unsafe touch, private parts, consent, respect, secrets and surprises Elder Abuse Prevention and Intervention: A Guide to Dealing With Nursing Home Abuse and Other Elderly Abuse Issues Seeking Safety: A Treatment Manual for PTSD and Substance Abuse (The Guilford Substance Abuse Series) The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Drug Abuse Relapse (Drug Abuse Prevention Library) Teen to Teen: Personal Safety and Sexual Abuse Prevention Kidpower Youth Safety Comics: People Safety Skills For Kids Ages 9-14 (Kidpower Safety Comics) Fullpower Safety Comics: People Safety Skills for Teens and Adults (Kidpower Safety Comics) The Truth: An Uncomfortable Book About Relationships Resist Nothing: Guided Meditations to Heal the Pain-Body Your Best Pregnancy: The Ultimate Guide to Easing the Aches, Pains, and Uncomfortable Side Effects During Each Stage of Your Pregnancy Don't Settle for Safe: Embracing the Uncomfortable to Become Unstoppable This Is Awkward: How Life's Uncomfortable Moments Open the Door to Intimacy and Connection More Short Scenes and Monologues for Middle School Students: Inspired by Literature, Social Studies, and Real Life (Young Actor Series) (Young Actor Series) (Young Actors Series) Bright Baby Touch & Feel Baby Animals: with Book and Puzzle Pieces (Bright Baby Touch and Feel) Touch! My Big Touch-and-Feel Word Book A Touch of the High Holidays: A Touch and Feel Book for Rosh Hashanah, Yom Kippur and Sukkot

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