

Interactive Questions & Exercises

To accompany *I'm a Girl, Special Me* for girls age 5 - 7

Whether your daughter reads this book on her own or with you, these questions and exercises will help to make the experience more interactive and will also assure that she has grasped the important concepts.

Question:

Have you noticed some ways that your body is similar to a boy's body?

Find it in the book:

Page 13, with anatomy figure.
Girls and boys have similar **brains**.

Page 16, with anatomy figure.
Girls and boys have similar **hearts**.

Encourage your daughter to name other similarities.

- Girls and boys have similar **lungs**.
- Girls and boys have similar **stomachs**.
- Girls and boys have similar **arms and legs**.

Question:

When it is time for the baby to be born, how does it get out of the uterus?

Find it in the book:

Page 32, 33, 34, with anatomy figures.
These pages have anatomy figures of the vagina. Show your daughter that there are two openings for the vagina. There is one opening from the uterus into the vagina. The baby squeezes through here. There is a second opening that leads to outside the body. The baby comes out through that opening.

Question:

How does the fertilized egg get from the ovary to the uterus?

Find it in the book:

Page 23, with anatomy figure.
Little fingers on the end of the fallopian tube move and suck the egg inside. The egg travels inside the fallopian tube to the uterus.

Question:

Have you noticed that women who are going to have a baby have a very large tummy? Where do you think that baby is growing inside the mom?

Find it in the book:

Pages 33 and 34, with anatomy figures.
These illustrations show babies growing inside the uterus. Make sure your daughter understands that the baby is not growing in the stomach because that may be confusing to her. The uterus provides a nice bed for the baby to grow in.

Question:

When it is time for the baby to be born, how does it get out of the uterus?

Find it in the book:

Page 32-34, with anatomy figures.
These page have illustrations of the vagina. Show them that the vagina has an opening at one end and that is where the baby comes out.

Exercises:

1. Have your daughter fill a small basket with eggs. Next, put only one egg in a bowl. Ask your daughter, **which one is more like the ovary?**

Explanation: The basket filled with eggs is more like an ovary filled with eggs.

2. Ask your daughter to put her hands on her hips. **Which bone are her hands resting on?**

Explanation: The answer is the pelvis. The pelvis is a circular bone that helps protect her girl anatomy that is tucked inside the pelvic cavity. You can refer to page 26 for an *anatomy figure* of the pelvis and pelvic cavity.