In this this talk will focus on how parents can discuss, the always present but rarely addressed, sensitive issues of physical maturity and intimacy in a manner consistent with psychological health and Torah values. In addition, we will discuss how to discuss these real life issues and how to learn/teach subjects where they arise in Torah.
One of our most important roles as parents is to help our children navigate the challenges of life. This is especially important when it comes to our children’s development and maturity. The physical and emotional changes that take place around puberty have major impact on almost every aspect of our children’s lives, yet at the same time children receive very little guidance on the topic and negative messages are pervasive. This workshop aims to prepare parents for this development and how to speak with their children of various ages about this sensitive topic in a supportive, psychologically healthy fashion that is consistent with the family’s Torah values. Offering this guidance to our children can help them understand themselves, their development and make responsible decisions throughout life.