

- Child development / Adolescent psychology / Self-confidence

Empowering teenagers to be confident

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at an early age, typically between 18 to 24 months. If you are a parent of a child from the opposite sex, it is advisable to discontinue shared showering or changing during this phase of a child's development.



However, if your child is the same gender as you, you can continue changing clothes in the same room as your child as they grow.

What is most important is that you instil a healthy view on sexuality in your children from an early age. You can start by initiating ageappropriate discussions and using suitable language, especially during their toddler years.

Interestingly, children also develop the capacity for empathy between the ages of 18 and 24 months. The development of modesty and empathy will aid a child in perceiving people and relationships through the perspective of respect and care.

Children tend to develop a desire for privacy between the ages of three and five, which is a healthy and beneficial part of their development. Help them to learn effective ways to manage their need for privacy, especially when changing clothes.

Encourage a child to respect their body by using accurate names for male and female genitalia when they ask questions while changing clothes. Provide positive and straightforward answers to the inevitable questions about where babies come from. You do not have to delve into a detailed description of human physiology.

Embrace one of the significant privileges of parenting by introducing your child to the incredible design of the body and relationships from an early age, while also guiding and empowering them to understand boundaries in relationships with others.