

Dear Parent/Guardian,

Within the next few weeks your child will be studying the chapter on the stages of life. The purpose of this section of our Health Education class is to provide students with the knowledge and resources they need to understand the stages of life, from the development of the fetus inside a woman's womb, through birth, childhood, adulthood, and ultimately, death. Your son or daughter will learn about problems that can occur with pregnancy and ways to prevent these problems.

In addition, this chapter explains human development after birth. Your child will learn about differences among infancy, childhood, adolescence, and adulthood. Finally, the class will discuss the health conditions associated with aging and will identify the various stages of grief at the loss of a loved one.

This chapter is important because your child's understanding of how his or her body functions, is critical to his or her well-being and overall good health. In addition, knowledge of the affect a mother's health can have on the fetus is important to help guide your child in the future if he or she decides to become a parent. This chapter is also important because your child will gain an understanding of how humans change as they mature and age. This understanding will help your child recognize those changes in his or her own life.

Some questions your child will explore in this chapter include: *What are the three stages of childhood? What happens to a growing fetus during the three trimesters of pregnancy? What makes up the male and female reproductive system? What are problems that can occur in the male and female reproductive system? What can affect your development from birth to adulthood? What conditions are associated with aging? What are the five stages of grief?*

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics:

- Ask you child to explain how the endocrine system functions and how it affects body changes during adolescence.
- Discuss any questions or concerns he or she may have about proper health care of his or her reproductive system.
- Discuss with your child the role abstinence plays in preventing sexually transmitted diseases.

Please plan other activities you think will help your son or daughter develop and maintain healthful attitudes and habits while he or she continues to mature. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your child's health education.

Sincerely,

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