

Dr. Asmahan's

# 10 Big Questions Children Ask – And How to Answer Them

---

A culturally-sensitive guide for Arab parents  
Ideally used a part of the webinar on answering big questions



[www.drasmahan.com](http://www.drasmahan.com)

[info@drasmahan.com](mailto:info@drasmahan.com)

# 1. “Where do babies come from?”

---

**Answer (ages 3–6):** “Babies grow inside a special part of a grown-up women’s body called the uterus. When they’re ready, they come out with the help of a doctor, and we take care of them.”

You can replace women with girl if the term is more familiar, but ensure the “grown up” part if there.

**Answer (ages 7+):** “There are different ways a baby can begin. It usually starts when a seed from the father joins an egg from the mother. The father and mother are two grownup that have deicde to get married and decided to have a baby”

If the term marriage is famliar to them, mention that this happens after she gets married.

## 2. “Why do boys and girls have different parts?”

---

**Option 1:** “Allah/God created boys and girls with different bodies. He has also created the same for all animals. There is a boy cat, and a girl cat. These parts help us do special things like go to the bathroom or, later, make babies. We keep them private and take care of them.”

**Option 2:** Boys & girls have different parts because each part is needed to create life. You can even find the same difference in animals. These parts help us do special things like go to the bathroom or, later, make babies. We keep them private and take care of them.”

# 3. “Can I marry my friend / my cousin / you?”

---

“It’s sweet that you care so much about \_\_\_\_\_. I understand that you really want to spend a lot of time with \_\_\_\_\_. Marriage is something grownups do when they choose a partner/another grownup. This person is not part of their family. Until then, we make friends and even best friends!”

Use this opportunity to explain the difference between family love, friendship, and romantic relationships.

# 4. “What is sex?”

---

“Sex is a way grownups who love each other can show closeness. It also can be how babies are made. It is a private act, like showering. It's not for children, but I'll always answer your questions.”

You can add: “when they get married”

# 5. “Why can’t I touch there in public?”

---

“Your private parts belong to you. It’s okay to be curious, or sometimes you have an itch, but we touch them only in private, like the bathroom. That helps us stay clean and respectful.

# 6. “What’s a period?” (or “Why is there blood?”)

---

**Ages 3-6:** “A period is something that happens when a girl’s body grows and she becomes an adult ( or grown-up). It is part of how they make babies when they are ready. It’s not dangerous — just a natural part of growing up.”

**Ages 7+:** “A period is something natural that happens to girls when they start growing up. Every month, the body prepares in case one day it might carry a baby. A small egg is released from inside her body. If the egg doesn’t meet a seed from a man, the body cleans itself out — and that’s when some blood comes out from a place called the uterus. This is called a period, and it’s completely normal and healthy.”

# 7. “Can two men or two women marry?”

---

“In our faith/ culture/country, marriage is between a man and a woman. Even though others might think differently, we treat everyone with respect, even if they believe differently.”

# 8. “What if someone touches me?”

---

“No one is allowed to touch your private parts except safe adults (give examples) — and only with permission. If something feels wrong, you can use your big voice, then find a safe adult to help you. You can always tell me. You won’t be in trouble.”

# 9. “Why is that person different?” (disability, body difference, etc.)

---

**Option 1:** “Allah made each of us special. Some people’s bodies or brains work differently. We are all valuable and deserve kindness and respect. Can you think of a way that you ( or mommy or daddy) are different from each other?”

**Option 2:** “We are all made in a special way. Some people’s bodies or brains work differently. We are all valuable and deserve kindness and respect. Can you think of a way that you ( or mommy or daddy) are different from each other?”

# 10. “Am I going to die? Will you die?”

---

“Yes, all of us will die one day — it’s part of life. It is a mystery when anyone will die, no one knows in advance. But right now, we are here together, and that’s what matters.”

Include a sensory moment : a hug with a rub on the back, smelling something around you, a tickle, etc.. to encourage present moment skills.

# Parent Guidance:

---

Always always say the truth, or the closest thing to the truth.

Only answer what the child is truly asking — don't overexplain. Pause after your first part to check if he/she will want more or if they are satisfied.

It's okay to say: "That's a good question. Let me think and come back to you."

Most important: remind your child they can always ask you anything.