

Where Do Babies Come From?

Butterflies in Your Belly

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Back cover text

Children also often have **butterflies in their belly**. When they get to know their own body, when they first fall in love, or when they discover intimacy and sexuality. That's very natural.

Butterflies in your belly makes all these steps discussable, with tailor-made books for different ages. Children grow up, and **Butterflies in your belly** grows with them. What a nice feeling.

Noah is going to be a big sister. There's a baby in Mom's belly. But how does the baby come out of Mom's belly? How does the baby grow? When will the baby come out of Mom's belly? And how? All the questions children have are being answered, using short, recognizable situations and interesting facts.

A transparent and interactive first introduction to the body, babies and reproduction. The first sex education for children ages 3 and up.

Story

1

A baby in Mom's belly

Party

"Cake!" Noah calls out surprised.

"We're celebrating," says Dad.

Mom looks very happy. "There's a baby in my belly."

"You're getting a baby brother or sister," Dad smiles.

Noah is glad. Luke has a baby brother too.

And Liv has a baby brother *and* a baby sister.

Noah looks at Mom's belly. It looks the same.

"The baby is still very small," says Mom. "As small as the strawberry on the cake. The baby still has a lot of growing to do in my belly. First we'll celebrate your birthday. And then we go on holiday. And only then the baby will be born."

Noah takes a little bite from the cake and thinks for a while.

"But how did the baby get in your belly?"

"I put it in there," says Dad.

"Well," says Mom. "I had something to do with it too, you know."

Eggs and sperm cells

In the body of adults grow eggs and sperm cells.
In the woman's belly grow eggs.
In the man's balls grows sperm.
The eggs and sperm cells are so small you can't see them.

When adults make love, the sperm from the man's balls goes into the woman's belly.

The sperm cells go looking for the eggs inside the woman's belly.

[in balloon:]

Only one sperm cell can win

That sperm cell can enter the egg. From the egg with the sperm cell grows a baby. It takes a very long time. Because the little egg with the sperm cell in it is now still so small you can hardly see it. It has to grow for nine months to be big enough to be born!

2

How do the sperm cells get into Mom's belly?

Operate

"Inside my mom's belly grows a baby," Noah tells Luke.

"Mom and Dad were making love and then Dad added a sperm cell to the egg in Mom's belly. That's why a baby is growing there now."

Luke has to think about that.

"How did your dad put that sperm cell in your mom's belly?" he wants to know.

Noah and Luke look at their bellies.

"Maybe through the navel?"

"I think they had to operate," says Luke.

Noah takes the doctor's bag.

They get to work.

Making love

When adults are in love and love each other, all they want to do is kiss.

From all the kissing they want to kiss even more and cuddle and make love. Usually that happens on the bed. There's room enough.

The mom and dad want to be really close. The dad puts his penis inside the vagina of the mom. That feels really good. Then fluid with sperm comes from the dad's penis. That's how the sperm gets inside the mom's belly.

3

Small people, big people

Only adults can make babies.
Children first have to grow.

When you are a girl, you later become a woman.

Then you'll get breasts.
Hair grows near your vagina.
And there grow eggs inside your belly.

[ill. girl]
No hair in your armpits
No breasts
Eggs don't grow yet in your belly
No hair near your vagina

Not only your arms and legs grow when you get bigger.
Take a look at what else is growing.

[ill. woman]
Hair in your armpits
Breasts
Eggs inside your belly
Hair near your vagina

[ill. man]
Beard
Hair in your armpit
Hair on your body
Hair near your penis and balls
Sperm cells in your balls

Are you a boy?
Then you later become a man.

You'll get beard hair on your cheeks.
Hair will grow near your penis.
There grow sperm cells in your balls

[ill. boy]
No beard
No hair in armpits
No hair on body
No hair near your penis and balls

No sperm cells in your balls

4

Two mommies

An egg

“Was I first an egg too?” Luke asks his mommies.

“And a sperm cell? And a baby?”

“Of course. You grew inside Mommy Lucy’s belly.”

Luke looks at Mommy Ellen.

“And did you put dad sperm cells inside Mommy Lucy’s belly?”

“No,” says Mommy Ellen. “You need a man and a woman to make a baby.

You can’t do it with two women.”

Mommy Lucy looks lovingly at Mommy Ellen.

“But we really wanted a baby together. So the doctor put sperm cells inside my body.”

Luke gets it now. “I have a Mommy Lucy, a Mommy Ellen and the doctor is my dad!”

The moms laugh. “No, that’s not possible. Because the doctor was a woman too.

We don’t know who gave us your sperm cell. But the doctor knows. Later, when you are bigger, you can ask the doctor.”

“I’m sure the sperm cell dad is really sweet,” Luke says with a smile.

“Because he gave us sperm cells just like that.”

[in balloon:]

The doctor takes the sperm cells from the little jar.

With a small syringe the doctor puts the sperm inside the mom’s vagina.

That’s how the sperm cells get inside her belly.

5

Two daddies

Belly

“Is there a baby in your belly?” Liv asks Grandpa.

“Oh, no. I just ate too much.

And babies only grow inside women’s bellies.

Never in men’s.

But when two men want to have a baby together, they can.

Then they’ll have a baby with one or two mommies, for instance.

And they all take care of it.”

Liv likes that idea. Two daddies and two mommies!

Then you’ll get lots of presents when it’s your birthday!

[in balloon:]

When two men love each other, they sometimes want to have a baby together. Sometimes another mommy has a baby for them. Or sometimes a child comes to live with them that no longer has a mom and dad. Or a mom or dad who can't take care of him or her anymore.

Grandma's belly

"Well, I would like to have another baby, you know," says Grandma.

"A sweet and cute little baby. What do you think, Grandpa?" Grandma smiles.

"Yes, Grandpa! That would be fun," Liv cheers.

"Well, that's not possible," Grandpa says with a sigh.

"To get a baby you not only have to be a woman, you also have to be young."

"Ah, yes," says Grandma. "That's true. I'm far too old to let a baby grow in my belly."

"Shame," says Liv.

"I would have wanted a little Grandpa-and-Grandma-baby to play with."

[in balloon:]

Babies only grow in the belly of young women.

Grandmas have children too. But they are already big!

6

To the baby doctor

Pof, pof, pof

"You can stand on the little stool next to Mom," says the doctor.

Noah's mom is lying in a tall bed. Her belly is bare.

He touches Mom's belly with his hands.

"The baby grew a lot and so did your belly," says the doctor.

"You can put your hands here, Noah. You can feel the baby kick."

"Yes," Noah nods cheerfully. She feels soft pushes against her hands.

Then the doctor moves a small device over Mom's belly.

"Now I'll use some magic," says the doctor. "When you are very quiet, you can hear it ...

Sssh."

At first, Noah doesn't hear anything. But then ...

Pof, pof, pof ... Mom smiles at Noah. "That's the baby's little heart," Mom softly whispers.

"We can hear one strong and healthy little heart. From one baby, not two!"

"Two babies? Is that possible?"

"Sure," says the doctor. "Sometimes. Then it's a twin."

"Well, one baby is enough," Mom laughs.

Twins

Usually one baby grows inside the belly.

But sometimes there are two!

Then it's a twin.

How is that possible?

If Mom's belly didn't have just one egg but two!
Then two sperm cells can win as well.
Two babies will grow in the belly.
One baby can be a boy and the other a girl.
They look just as much alike as ordinary brothers and sisters.

Sometimes, two babies can grow out of one egg and one sperm cell.
They are always two girls, or two boys.
And very special: they look very much alike.

[in balloon:]
Have you ever seen a twin?
Would you like to be a twin?

[in balloon:]
When a mom is having twins, her belly is extra big.
Because they have to share the belly, there is not much room to grow.
They are often born when they are still a bit small.

7

How does the baby eat in Mom's belly?

Cookies

Noah and Mom read books together and eat cookies.
"Nice, isn't it?" Noah says.
Mom's big belly is just like a little pillow.
Every now and then Noah feels a little kick.
Then the baby moves inside Mom's belly.
"How many cookies did you have?" Mom asks.
"Only one," says Noah. She takes a big bite from her third cookie.
Yum, that's good.
"I think the baby wants to have another cookie too," says Noah.
"You have to eat it. Then the cookie comes inside your belly."
"Well, then give me another one," Mom smiles.
Noah takes a cookie from the jar. That's for the baby.
Now there's only one cookie left.
Hop, and now that's gone too.
It's inside Noah's belly.

How does the baby grow in Mom's belly?

Umbilical cord

The baby is lying in a big water bag in Mom's belly. The baby's belly has a tube on it. The tube is attached to the mother. It is called an umbilical cord.

Through this tube the baby gets everything it needs to grow. The baby eats and breathes through the umbilical cord. The baby gets a bit of everything that Mommy eats.

Only when the baby is born, it can eat and breathe with its mouth. Then the umbilical cord is no longer needed.

[in balloon:]

The baby is getting bigger and bigger.

Mom's belly grows along.

Her belly is getting bigger and bigger.

When the baby is still small, there is lots of space.

When the baby is getting bigger, it only just fits.

Then you can feel the baby move.

Take a look at your belly.

There is your navel.

Everyone has one.

Because that's where you were attached to your mom in her belly.

8

Adoption

Airplane

"Look," says Mika.

"I have a baby in my belly!"

"And now the baby is born!" Rafi pulls the teddy bear from under Mika's sweater.

"You didn't grow in your mom's belly, right?" says Mika.

"No," says Rafi. "Mom and Dad came to pick me up. With a *really* big airplane! In a country *very* far away. My belly mother couldn't take care of me. And Dad and Mom could!"

Together they put the teddy bear in the baby carriage.

With a warm blanket over it.

"This is our baby, right?" says Rafi.

"I'm the dad and you're the mom."

"Yes," says Mika.

"And we are taking the airplane to a country very far away!"

Who do you look like?

All children grew from an egg from a mother and a sperm cell from a father.

That's why everyone looks a little like his dad, mom, brothers and sisters.

Liv and Dad both have red hair.

Luke's mother wears glasses. Luke can't see really well without his glasses either.

Noah's dad has a brown skin, her mother hasn't.

Noah's skin is light brown.

Rafi didn't come from the egg and the sperm cell of the mom and dad that take care of him.

That's why he doesn't look like his mom and dad.

[in balloon:]

Adoption

Sometimes a mom and dad can't take care of their baby.

When they are ill, for instance.

Or dead.

Luckily, there are always other mothers and fathers who want to help.

Then the child comes to live with that new mom and dad.

9

What will the baby need?

Little bath

"Open it," says Mom.

Noah is giving Mom a hand.

Together they are looking through all the boxes.

"Look," says Noah. "Doll clothes!"

"No," laughs Mom. "Those are baby clothes!"

And not just any baby clothes.

Those were *your* baby clothes."

Noah can't believe it.

"Oh yes," says Mom. "That's how small you were.

And when the baby is born, he or she will fit in your baby clothes.

Look, and there's the crib," Mom points.

"We'll need that later too.

And the baby bath."

Noah puts the bath on the ground.

Look, Noah fits in perfectly!

Even though the baby is still very small, it needs a lot of things.

A baby bath

A box
A crib
Baby diapers
Baby clothes
Baby toys
Bottles
A pram
A pacifier

10

A new room for the baby

“Look, this is now the bedroom for the baby,” says Noah.
“First it was my room.
I got too big for such a small room.”
Noah and Tom ride the horse into the baby bedroom.
“What’s that?” asks Tom.
He pushes his finger into the changing mat.
“That’s where the baby has to lie on. When it gets a new diaper.”

“And what’s that?”
“That’s a crib. It’s a bed for babies.”
“Why is there a tent around it?”
“Babies think that’s cozy,” says Noah.
“You can’t play in the baby’s bedroom!” Dad calls from downstairs.
“We weren’t doing that!” Noah and Tom quickly ride the horse out of the baby bedroom.
“We are playing in my new bedroom!”

A new room for Noah

“I got to choose the color of the paint myself.”
“Paint?” asks Tom.
“On the wall,” points Noah. “First I wanted blue.
But now orange is my favorite color. And my bed is new too. Big, right?”
Noah jumps on her bed.
Tom takes the horse and puts it upright on Noah’s new bed.

“Look,” says Tom. “We can make a tent bed too.”
They pull the comforter over the horse.
It’s very cozy like this.

“Dad!” Noah calls downstairs.
“Can Tom stay the night?”

We made a crib for big children!”

11

When will the baby come out of Mom’s belly?

Birthday

“Don’t run so fast,” Mom pants.

“My belly is too big to run any faster.”

But Noah can hardly wait.

Today is Noah’s birthday.

She can hand out treats to everyone in class.

“Happy birthday, birthday girl,” teacher Jan smiles.

“And when will the baby be born?”

“Soon,” says Noah. “Because now is my birthday, and then it’s the summer holiday.”

“Yes,” Mom nods. “And I’m sure the baby will want to get out of my belly after the vacation.”

“The baby first have to grow until it’s ready. And then it comes out through the vagina!”

Noah explains.

“Well, well,” says the teacher. “You know exactly how it works!

Come inside, and then we’ll sing for you, birthday big sister.”

“I’m not a big sister yet!” Noah laughs.

“Not until the baby is born!”

How will the baby come out of Mom’s belly?

When?

Nobody knows exactly when the baby’s coming.

Neither does the doctor. Only the baby knows.

Some babies come a little earlier.

And other babies stay a little longer in mommy’s belly.

How?

When the baby wants to come out, Mom feels it in her belly.

Very slowly the muscles in Mom’s belly push the baby down.

Sometimes it takes a whole day or night.

Mom’s vagina is slowly getting wider.

Big enough for the baby’s head to fit through.

First the head comes out.

Then the little body and finally the little legs.

The baby is still attached to Mom.

With the umbilical cord.

That’s no longer needed now and is cut. That doesn’t hurt.

The baby can breathe alone and drink from Mom.
Then the baby is born and can finally be hugged!

[in balloon:]

Too soon

Sometimes a baby is born too soon.
Then it has to stay in the hospital for a while.
There, the baby lies in a special warm bed of glass.
So the doctor can see everything.
When the baby is big enough, he or she can go home.

12

Will the baby be a boy or a girl?

Brister

“Dad,” says Noah. “Do you know what the baby in Mom’s belly is called yet?”
“Well,” says Dad, “Mom and I are still thinking about that.
Because it has to be a *very* pretty name, of course.
And the prettiest name is already taken. Because that’s Noah. And that’s your name.”
“You should call the baby Mirabella,” says Noah. “Or Sanandia. Or Little Princess.”
Dad thinks. “But those are all names for girls. Maybe you’ll get a baby brother.”
“Mitchell! Or Rover, just like Luke’s dog! That’s a boy too.
I want a brother. Just like Liv. Or no, a sister.”

“But when we get back from vacation you have to know the name,” says Noah.
Because then the baby will be born!”

“Let’s call the baby Brister for now,” says Dad.

“Brister?” Noah asks.

“Yes,” says Dad. “Brother-sister, Brister.”

“Mom!” Noah calls. “Our baby is called Brister!”

An echo

With a special camera, the doctor makes a video or photo of the baby in Mom’s belly.
Then you can see if it will be a boy or a girl.

Many moms and dads want to know if their baby in the belly will be a boy or girl.
Sometimes they already tell everyone.
Or they keep it as a fun little secret.
Nobody can know.

Other moms and dads don’t want to know it themselves.
Then the doctor keeps the secret!

But only after the baby is born, everyone knows absolutely sure, because then you can see it for yourself!

[in balloon:]

From what can you tell if the baby is a boy?
Or a girl?

A name for the new baby

All people have their own names. Their mom and dad came up with that name.
You also got a name from your parents.
They chose your name because they thought it was a very pretty name.
The name for the new baby is often a secret.
Only when the baby is born, everyone can know the baby's name.

[in balloon:]

Which name do you really like?

13

The baby is born

A baby brother!

“Get your coat and your shoes, Noah,” Grandma calls.
“Then we’ll quickly jump in the car.
And don’t forget the beautiful drawing for the baby!”
“Hooray! The baby is finally born!” Noah cheers.
“Ssh, not too loud,” Dad whispers. Together they climb the stairs.
Mom is in bed. At first Noah can’t see it.
But then she sees Mom is holding a very tiny baby.
“Look,” says Mom. “So this is your baby brother.”
“Sit down next to Mom,” says Dad.
“Then you can hold your little brother.”
Noah would love that!
Noah holds the baby tight.
“His name is Finn,” says Dad proudly.
“Finn,” Noah whispers.
Noah thinks it’s the prettiest name.

Helping with the baby

Little babies can’t take a bath alone. Or go to the toilet.
Noah can help.
Together they give the baby a bath and he gets a clean diaper too.

[in balloon:]

Babies have to sleep a lot.

Also during the day.

Sometimes they cry for a while.

They can't talk yet.

If they have a pain somewhere, or are hungry, they can't tell you, like you can.

Sometimes they just want a few kisses.

And the crying soon stops.

14

A party for the baby!

Everyone comes to admire the new baby.

There are presents for Noah and for the baby.

Spot the 7 differences

But take a good look.

Can you spot the differences?

15

Is it for Noah?

Who is it for?

Point to it!

The jeans

The scissors

The shower

The diaper

The shoes

The garden pants

The crayons

The blouse

The toy box

The rompers

The blocks

The cake

The mobile

The rattle

The car

The chair

The food
The socks
The crane
The balloon
The socks
The baby suit
The underpants
The ring tower
The kite
The stroller
The rattle
The books
The bottle
The cup
The baby bath
The jacket
The toilet

16

Look, this is how the baby grew

1 month pregnant

The baby is now as big as a grain of rice.

2 months pregnant

The baby is now as big as a little grape.

3 months pregnant

The baby is now as big as an orange.

4 months pregnant

The baby can now get the hiccups.

5 months pregnant

The baby can now hear already.

6 months pregnant

The baby can now already smell with its mini nose.

7 months pregnant

The baby now stays with its head down.

8 months pregnant

The baby is ready now, but needs to get a little bigger.

9 months pregnant

From now the baby can be born.

Born!