**5 Tips for Helping Parents Talk to Kids about Birthmarks**

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Here are our**top five tips for helping parents – and their children – ask questions about another person** with a vascular birthmark or physical difference:

**1. Don’t stare continuously**. Either ask the parent about it or move along.

**2. Never ask “What is wrong with him or wrong with his face?”** Nothing is wrong with the child. Their physical difference makes them unique and special; not abnormal.

**3. You may say “May I ask about what is on his face or do you mind talking about his face?”**

**4. This is a great teachable moment opportunity between you and your child.**  Explain that everyone has something different about them that make them special and unique. Some children have red hair, some have glasses, freckles, etc..  Ask the child what is unique about them?

**5. It’s what is on the inside that important – not the outside!**–another great teaching moment and lesson for parent and child!

\* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* Martha Griffin is the proud parents of two beautiful sons. Their oldest child, Barron, was born with a port wine vascular birthmark. After researching vascular birthmarks and connecting with other birthmark parents, she and her husband Grant saw a need for a children’s book to help children understand that it’s okay to be different. Sam’s Birthmark is a great teaching tool to show children that each one of us has something that makes us unique and special. For more information visit the website: <http://www.samsbirthmark.com/>