



*Presents*

# WHAT'S BELOW YOUR TUMMY-TUM?

Empowering kids to have a voice for their own safety!

Michelle R. Britto

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## AUTHOR

### Michelle R. Britto, L.M.S.W.

**I**N MY HEART I have always desired to be of service to humanity, with a specialty in children & adolescents. I am a Licensed Social Worker, with a Bachelor's Degree in Psychology, Masters Degree in Social Work, a Degree in Occupational Studies (The Body functions) and a License in Massage Therapy. I have worked in Preventive Services, Foster-Care and currently the Department of Education. I also have worked privately with both adult and children and in healing centers in various boroughs in the state of New York.

My experience in adolescent and pediatric psychiatric facilities is what led me deeper into understanding the whole child into another degree. One relating to understanding the body and mind connections and how they correspond. My degree in Occupational Studies (Massage therapy) came as a result of hearing numerous stories, throughout my counseling and work about emotional trauma and abuse, which eventually manifested into physical ailments. As a result I explored energy healing therapy, Reiki, Integrated Energy Therapy and others. To develop more of an understanding of the body's energy system, I pursued a degree that incorporated both Eastern and Western modalities to healing. I wanted to know what is the most effective way to heal the WHOLE person as naturally as possible. Basically, it became a focus of Mind, Body, & Spirit. In that, I developed a deeper



*“The impact of sexual abuse stunts a child’s developmental growth.*

*It not only rapes them physically, it also rapes them psychologically.*

*Dare I say spiritually?”*

*~ M. Britto, 2012 ~*

insight of how critical the early stages of development are to the Mind, Body & Spirit.

As I listened to multiple stories of adolescents & adults, I became more aware of how significant this critical time is in development. Many adolescents and adults become stuck at early stages of development and are masquerading as healed, based on their chronological ages.

While not wanting to make a focus on Trauma, as energy follows where we point our attention most, I did some research and explored what could be done to focus more positively on “Children Empowerment & Awareness”. To say let’s make a program about “Preventing Sexual Abuse”, would send an energetic negative message about “sexual abuse”. Primarily a problem is always a problem, but a challenge can be overcome. By the time we get to the focus of things like “MEGAN’S LAW” it is too late.

I do not assume the role of Parent for your child. However, I do believe in a “Source” that connects us and is within us. I allow and encourage each to have their own spiritual belief and path.

I am myself a mother with children, my youngest being 5 years old. I thank you for taking the time to explore the possibilities of “Self-Empowerment”, and the beauty of a child like spirit being preserved for your child’s highest good.

## THE "TUMMY-TUM" IDEA

### Journey With Judith • Interview With Author Michelle R. Britto

<http://www.journeywithjudith.com/?p=2842>

**Judith:** Michelle, in your own words, how would you describe the first book in your new series of children's books?

**Michelle:** The book is designed to empower the whole child. When a child is sexually violated they are violated mind, body, and spirit. Children grow up scattered and do not know how to handle the emotions and physical components that have happened to them which causes the child to be disconnected.

Sexually molested children have to get to the core of the pain, so therapists give them back their voice. Children are taught to un-learn unhealthy relationships.

**Judith:** Why did you write *What's Below Your Tummy-Tum*?

**Michelle:** When I had my first daughter I wondered how anyone could violate such small body parts. "It was like God was telling me to write this book."

**Judith:** Do you have an estimate of how many cases of child molestation there are in your states/ United States? What are the statistics?

**Michelle:** 1 out of 4 children will be molested by their 10<sup>th</sup> birthday. By the time a girl is 16 years old she will have been sexually violated. Boys typically do not report.

**Judith:** At what age should parents talk to their children about inappropriate touching? How should parents overcome their fear of protecting their children from predators?

**Michelle:** Parents should start explaining at age 2. Parents have to realize that if you teach a child their body parts, how do you skip over the most

important and sacred body parts? Don't over-sexualize the conversation with your kids. Parents should not think as adults when explaining body parts to children. As a parent you are speaking to the whole child (mind, body, and spirit) at every level. It's a foundation for emotional and spiritual intelligence. These are gateways into all of a child. If we stop looking at this issue as explaining adult sexual parts, this would not be an issue to be feared.

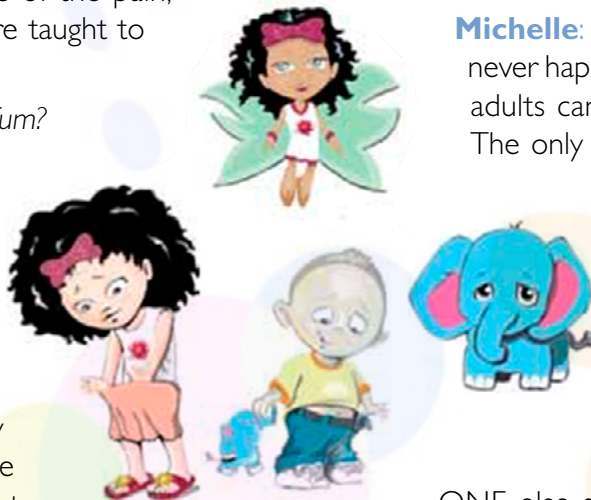
**Judith:** Why is your book so important for every parent to have in their possession?

**Michelle:** "Because parents make the assumption that this will never happen to their child. Children see what parents and most adults cannot see. A parent never knows what may happen. The only way to know is to acknowledge, not live in fear, but to empower their child. The Psychological Stages of development Trust and Mistrust happen between the ages of 2 to 5 years old. Children are sponges during these ages, so from 2-5 and that's when they learn language best. This is the best time to teach the children the language of their bodies."

If a parent does not explain body parts and how important it is for children to understand that NO ONE else should be touching their private parts it could be detrimental to them later. As parents, we must have this conversation.

**Judith:** What if a parent has discovered that his/her child has been molested or violated, would this book still help them?

**Michelle:** Yes. Because the child still needs to feel like they are safe. The book is interactive. The child gets to name their safe people. This book is very important in helping a child discover who their safe people are.



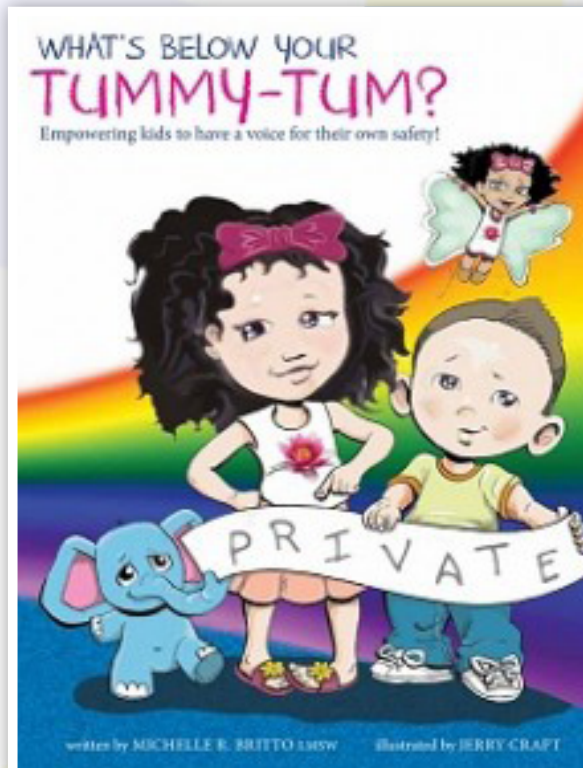
## ABOUT

# THE TUMMY TUM SERIES

**W**ELCOME TO THE "WHAT'S BELOW YOUR TUMMY TUM" program.

This program is about children becoming aware of their bodies and creating their own healthy boundaries. This program is not about telling children to be fearful of people and to not trust anyone, but to create a message in their environments, that they are not vulnerable to harmful acts, that could create conflict for them Mind, Body, & Spirit "NOW" or in their "FUTURE".

There is no mistake in the age targeted for this project. Surveys were conducted that validated the importance of children learning about healthy boundaries as early as two years old. The language of safety must be given at critical ages of their development. The target group for this program is ages 2-5. It starts with a book, which is read with a caregiver or guardian, deemed appropriate and safe by the child. Statistics show that the rates for child molestation takes place as early as 1 year old and four out of five children have been molested in one way or another by their 10th birthday. Most children are warned of strangers, but according to statistics, the strangers are not typically the ones abusing children.



**WHAT'S BELOW YOUR TUMMY-TUM?**  
*The most important book in the series, teaches children about safe people, their bodies and how to protect themselves.*

"What's Below Your Tummy Tum" is a series of three books for children ages two and up, and it is designed to appeal to parents as much as to their kids. It is intended as a guide for parents to have dialogue with their children about the power of their voice, name and self-awareness, all in a gentle and powerful way.

The "What's Below Your Tummy Tum?" series is about empowering children to identify their whole selves at an early age and promote full body awareness. This awareness is acknowledged in three series called "My Breath, My Beauty and My Body." It is a MIND, BODY & SPIRIT connection. It works from the inside out to assist children in creating

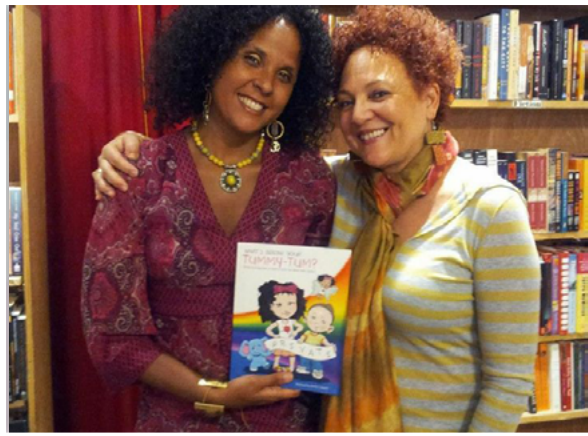
healthy boundaries and having a voice and self-assurance at an early age. It fosters loving healthy communications about self-esteem building,

self-regulation through the breath and the total body, not excluding the typically taboo parts, the parts "Below Their Tummy Tum".

**MY BREATH**  
*Utilizes breathing techniques and basic tai-chi to teach children how to self calm and self-sooth.*

**MY BEAUTY**  
*Provides children with empowerment and the power of their voice and name.*

# "What's Below Your Tummy-Tum" - FRIENDS



## SOCIAL WORK TRAINING - Puerto Rico

**UNIVERSIDAD METROPOLITANA  
EN AGUADILLA**

**Estudiantes, Educadores y Profesionales de  
Trabajo Social**

**Les convocamos a participar de:**

- Taller: **Prevención del Abuso Sexual en Niños**
- Presentación del libro: **¿Qué hay debajo de tu barriguita?**

**Día:** Martes 20 de Agosto de 2013  
**Hora:** 8:00 a.m.  
**Lugar:** Salón Actividades, UMET Aguadilla  
**Recurso:** Michelle R. Britto, LMSW

*\*Su presencia será significativa para su carrera.*

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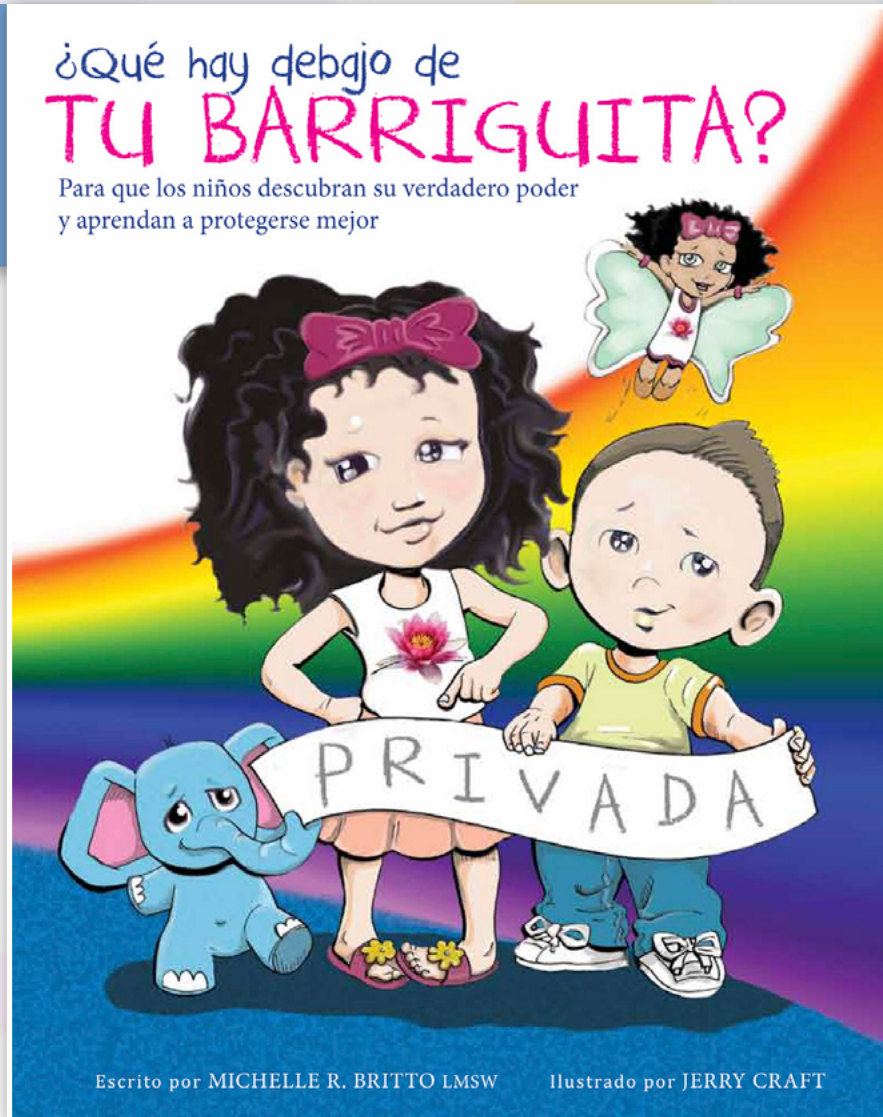
 Like



*"WHAT'S BELOW YOUR TUMMY-TUM?" was well received  
at the Universities in Puerto Rico.*

NEW RELEASE

"WHAT'S BELOW  
YOUR TUMMY-TUM"  
is also available  
in Spanish



## "WHAT'S BELOW YOUR TUMMY-TUM" - links

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SISFI Interviews Ms. Michelle R. Britto, L.M.S.W.

<http://www.blogtalkradio.com/sisfi/2013/04/09/sisfi-interviews-ms-michelle-r-britto-lmsw>

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