**HOW I CAME TO BE**

By: Shoham Smith

Illustrated by: Noam Weiner

**What do we want, a brother or a sister?**

I don't know, can’t we have both?

**SO, HOW DO WE DO IT?**

**or**

**HOW TO READ THIS BOOK?**

The birds and the bees, a penis and a vagina, an egg and a sperm. Talking about it was never easy, and especially today – with so many different kinds of families and ways to conceive. But children keep being born and someone – you, their parents! – has to explain how it works.

The purpose of this book – which simulates a press conference held by a newborn – is to equip you with explanations, as well as answers to any questions that might arise while reading this book or in any other situation (for example, when your child meets a boy or girl from a different kind of family).

Unlike most books, you do not have to read this book from beginning to end (too much information!). The idea is to let you choose and decide what and when to tell your child, by inviting you to "have the talk" bit by bit, in accordance with their cognitive and emotional development, and of course, in relation to your own conception and birth experience.

With a lot of love and humor, you will get through this, too.

Shoham Smith

**Many thanks to the Delivery Team: Illustrator Noam Weiner, Editor Yael Gover, Designer Orit Rubinstein, and Psychologist Ruth Ben Efrat.**

Okay, I'm here.  
Let's begin.

For Amnon, with whom I made (three) children and (lots of) books. —Shoham

For the baby in my tummy, the perfect inspiration for this book. —Noam

Welcome, Baby!

Can you tell us, please, just how you came to be?

Sure!

\*NNN Newborn News Network

So, once-upon-a-time they used to tell kids all sorts of silly stories about

babies who grow in cabbage patches,

babies delivered by storks,

or babies found by by digging a hole in the snow!

Can you believe it? It doesn't make any sense!

\*You mean it isn’t true?\*

\*They told me I came from a cabbage patch…\*

\*I hate cabbage.\*

I'll tell you the truth.

The scientific truth! \*\*[can we add a bumper sticker on baby’s butt that read: “I believe in science!”]

Babies come from here!

\*Finally, children will know the truth.\*

\*If we don't tell them, they'll find it on the internet."

\*HI, CUTIE PIE!\*

\*WELCOME!\*

Yes, all babies who are born the natural way, come into the world through a special opening in the woman's body – the vagina.

The vagina is like a tunnel that leads from the vulva on the outside to the uterus on the inside.

The uterus is the place in the tummy where the baby grows and develops.

\*You're lying! That's impossible!\*

\*It's true! The vagina can contract and expand, just like the sleeve of a stretchy shirt.\*

\*Whoa, this is really confusing. Hey! I have an idea. I'll try to draw it.\*

The baby crawls through the tunnel

This is the uterus.  
Here the baby grows.   
(The uterus is a muscle.  
It is strong and flexible.  
Yup! It's a super-muscle!)

This is the vagina!  
The baby comes out of here.

\*Look at my drawing!\*

\*Excellent drawing!  
Now we can all understand!\*

Mommy pees out of this opening.

Mommy poops out of this opening.

Yes, that's right. The vaginal opening is very close to the openings that moms use to pee and poop.

A riddle:

What do babies, pee, and poop have in common?

\*You have to push to get them out.\*

\*For pee, you push a little.\*

\*For poop, you push a lot.\*

\*And to help a baby come out, a mommy has to push and push and push. Sometimes it takes a very long time.\*

\*So if I push for a long time, will a baby come out of me, too?\*

"No way! You don't have a baby in your tummy. Boys and girls don't have babies in their tummies.\*

\*Giving birth is exhausting.\*

Get some sleep, Mommy!

\*Wait for me!\*

\*Now I know where I came from, and how!\*

\*But how do you get into the tummy?\*

\*I remember asking my mom that question. She told me I just showed up…\*

\*You go in and get out of the same place!  
Through the opening I told you about!  
Through the vagina!\*

\*Of course, back then I was itsy bitsy.  
Tiny! Almost invisible!  
You could only see me through a special instrument:\*

Microscope

Hi!

\*I don't get it…\*

\*Did you have legs?\*

\*Where were you before?\*

\*Patience!   
I'll explain everything!  
Questions at the end.\*

How Did I Get into Mommy's Tummy or

How to Make a Baby \*The surefire recipe!\*

More recipes on pages 35-37

1 You take a man and a woman

2 Mix together…

\*Is that really how you make a baby?\*

Almost…

3 Let it rise for nine months…

\*Ta-dum!\*

4 Ready!

Getting impatient? Skip ahead to page 28.

For the full explanation, stay with us and keep reading.

What Exactly is Needed to Make a Baby?

\*Hi, I'm a woman.  
My body produces eggs.\*

\*Hi, I'm an egg!  
I wait here eager for a sperm to fertilize me so that I can develop and grow.\*

\*Hi, I'm a man.  
My body produces sperm cells.\*

\*Hi, I'm a sperm!  
I am produced in the testicles.\*

\*Me, too!\*

\*Me, too!\*

\*Me, too!\*

\*#Metoo!\*

\*Me, too!\*

\*And I am semen.  
Can you guess how many sperm cells swim in my fluid?  
Not 10. Not 100. Not 1000.  
Not a million. Hundreds of millions!  
Which is lots and lots and lots\*

WELCOME!

In order to make a baby like me,  
one egg has to meet one sperm.

\*How does that happen?\*

THE common WAY: SEXUAL INTERCOURSE

1. The woman has a vagina and the man has a penis.
2. In adults, the penis fits in the vagina,

just like two puzzle pieces.

1. When the penis goes into the vagina it puts the semen with the sperm in the woman's body.
2. The sperm cells then swim toward the uterus, and the egg.

Fallopian tubes – the eggs live here.

This is the uterus

Now the race begins.

**READY? SET? GO!**

\*Hello!\*

\*How are you?\*

\*Welcome home!\* [fixing a mistake in the Hebrew original)

\*Which sperm will reach the egg first and fertilize it?\*

\*Me!\*

\*Me!\*

\*Me!\*

\*Me!\*

\*Me!\*

\*Me!\*

\*Me!\*

\*Me!\*

\*Me!\*

\*Me!\*

\*Me!\*

\*Me!\*

\*Me!\*

\* \* Winner takes all!

\*ME!  
I'm first!\*

\*From now on, say "WE!"\*

At that moment — the moment the sperm fertilizes the egg — a baby is created.   
That’s me! That's how I was made!

In the beginning, I was teeny-tiny.   
Microscopic!

First Month

In the first month I was smaller than a grain of rice.

Second Month

In the second month, I grew a little bit and changed.   
Here I look like a tadpole.   
(Don't worry, babies don’t turn into frogs.)

Third Month

In the third month, I began looking like a baby.  
A tiny baby, the size of an apple.

After that, and until the ninth month, I developed and grew quickly.

Fourth Month

Fifth Month

Sixth Month

Seventh Month

Eighth Month

Ninth Month

At the end of nine months, I was born.

Now you know exactly how babies get into a tummy   
and how they get out. Any questions?

\*Well done, Mommy!\*

\*Well done, baby!\*

\*Can children make babies too?\*

Absolutely not!  
Their bodies are not made for that.  
They have to grow up and mature.

\*Does it hurt?\*

No. Just the opposite.   
When done gently, it can feel very good.

\*Do you want to hear a secret?  
Adults have sex for fun too,  
not just to make babies.\*

\*They say babies are made with love.  
To make a baby, do people have to love one another?\*

Most babies are born out of love to people who want to be the baby's parents,  
but it is possible to make a baby without love.

\*All of my babies were made with lots of love!\*

\*My parents did not marry for love, but they still loved me very much.\*

\*If parents don't love each other, will they still love the baby?\*

Even parents who don't love each other, love their babies very, very much.

\*Do all babies come out through the vagina?\*

An excellent question! It is not always possible to give birth the natural way,  
in which case, babies are born in an operation called a "Cesarean."

(1) The woman is given a shot of anesthetic so she won't feel any pain.

(2) A small cut, known as an incision, is made in the tummy.

\*It doesn't hurt at all.\*

(3) \*Hi world!  
The baby is pulled from the uterus.

(4) The cut is stitched up.

I came out here. Right, Mommy?\*

Yes you did! And you came out perfect!

\*Are there other ways to make babies?\*

\*Without sexual intercourse?\*

\*Can a woman and a woman have a baby together?\* [boy]

\*Can a man and a man have a baby together?\* [girl]

YES! IT IS POSSIBLE!

Happy Birthday.

THE SCIENTIFIC WAY: IVF – In Vitro Fertilization

(Test tube babies)

1. Take an egg from the woman
2. Take sperm from the man  
     
   Cheers!
3. Mix together (This helps the sperm fertilize the egg)
4. Place the fertilized egg in the uterus.
5. Wait patiently for nine months.
6. And what comes out? A baby!

Once, some people couldn’t have babies. This way, now they can become parents too.

\*Thank you, doctors!\*

\*Thank you, science!\*

\*Where do they get the sperm from?

We asked a friend for sperm. He gave it to us and agreed to be the father of our baby. Now we are all a family.

\*When my mommy wanted to become a mommy, she went to a sperm bank.\*

\*I asked for the sperm of a tall man with curly hair and brown eyes, just like me.\*

At the sperm bank, they store sperm from men who donate their sperm to others.

Tall Adventurous Curly Sensitive

Athletic Blond Almond Eyes Doctor

\*Want to play daddy and daddy?\*

\*Let's play sperm bank!\*

\*How do they get an egg?\*

\*From me! I donate eggs! I’m happy to donate my eggs to anyone who doesn't have an egg and wants to become a mommy or a daddy.\*

\*I need an egg! My body can't produce eggs.\*

\*We will fertilize the egg with my sperm.\*

\*We have two daddies. We grew inside a surrogate mother.

\*Do you remember what a surrogate mother means?\*

\*Sure do! It’s a woman who agrees to grow a baby inside of her for someone else.\*

I am a surrogate mother.

I have my own children, but now I am growing a baby in my tummy for other people.

When the baby is born I will give the baby to them and they will be the baby’s parents.

\*How are twins born? What about triplets? Quadruplets…?\*

Poof!

Identical twins are born when, occasionally, the fertilized egg divides into two.

\*See you outside!\*

Twins grow together in the uterus.  
But each one has its own umbilical cord.

Identical twins are always the same sex.

Non-identical twins are born from two eggs that were fertilized by two sperms. Basically, they are regular siblings who are the exact same age. Non-identical twins can be the same sex or of different sexes.

This is also how triplets, quadruplets, and quintuplets… come to be.

\*Quintuplets, too? You can give birth to a whole basketball team?!\*

ANY MORE QUESTIONS?

\*Not today, thanks!\*

Great! So now you know everything you need to know about having babies. Thanks for listening and for asking excellent questions.

\*Bye!\*

\*I'm tired and hungry. I need to eat and sleep.\*

\*Me, too. I want mashed potatoes…\*

\*With French fries!\*

\*I'll make a meal for you and for Mommy.\*

\*And don't let anybody tell you silly stories!\*

Ladies and Gentlemen, I want to tell you where babies come from!

But how do you know? You’re just a baby!

Exactly, I’m fresh out of my Mommy’s tummy, so I remember everything!

If babies know how they came out of the tummy, do they also know how they got in there?

**HOW I CAME TO BE Delivery Team:**

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