

Babies are made when a special cell from a man, called a sperm, joins with a special cell from a woman, called an egg. This usually happens inside the woman's body.

Here's a simple way to understand it:

1. **The Man's Sperm:** Men have tiny cells called sperm, which are made in the testicles.
2. **The Woman's Egg:** Women have eggs inside their ovaries. Usually, one egg is released each month in a process called ovulation.
3. **Joining Together:** When a man and woman decide to have a baby, during a special kind of hug called sexual intercourse, the sperm can travel to meet the egg inside the woman's body.
4. **Fertilization:** When a sperm successfully joins with an egg, it's called fertilization. This tiny new cell starts to grow and change into a baby over time.
5. **Growing Baby:** The fertilized egg attaches itself inside the woman's uterus (womb) and grows for about nine months until the baby is ready to be born.

This is the natural and most common way babies are made. Sometimes, doctors can help in other ways if a couple has trouble having a baby.