

HAVING THE TALKS: GIRLS + PUBERTY

Different Ways To Start the Conversation

"Have you ever noticed at [insert name of your child's sport] how the girls really vary in how tall and developed they are? It was totally the same way when I played [insert sport] at your age. Puberty can start anywhere from 8-13 so girls will be all over the map."

"When I was your age my friends and I were all wondering when we'd develop breasts. And the names people would use for them were so funny...people would call them mosquito bites, pillows, and melons. Are people still using those names?"

"When I was your age, everyone was so excited to (sort of) secretly read a book by Judy Blume where it was all about boobs and bras and periods. I can remember talking about these things with my friends back then but it seems different now? Do you agree? Do friends talk about this stuff?"

"I remember being so impatient and worried when I was your age; all of my friends had gotten their period but I was 13 and still waiting. I wish I had known back then that that was totally normal!"

"Well, I'm sorry I was so grumpy the other day! Even now as an adult, when I'm about to get my period, my hormones make me pretty emotional. Have you been feeling that way too, now that things are changing?"

