

dear

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..... ,
You've probably been expecting this, but I think we should talk soon about my period. I'm growing up and even though talking about it might be a little embarrassing, I want to make sure I have all the right info. Can we talk about this stuff soon?

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When it's time for the “big talk,” here are some pointers.

- You're the best expert. You've been through it. Whether she's one of the first or last at school to start her period, hearing about your experiences will help her get ready and realize she's normal.
- Don't be shy. A direct approach will help her know that she can share anything with you—about her period and other things on her mind.
- Make it special. Girls' night out for a movie. Or schedule a lunch date. She'll feel special and grown up, and you'll have a chance to enjoy each other's company.
- Remember, we're here to help. Check out Always.com under the “For Moms” section for more ideas.

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