

FOR  
PARENTS

# Always Growing Up Teens

A guide to how to best  
support your daughter  
during puberty.



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Puberty Education Program

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## Dear Parents,

You and your daughter are approaching a huge milestone, and the difference you can make at this point in her life is huge!



This is an ideal time to have the discussion about her body and the emotional changes she's experiencing, if you haven't already. Both moms and dads can support her journey into adolescence by talking about it openly. To help, be prepared with the facts - especially when it comes to her self-assurance and her period.

In this guide we've included some expert advice and practical tips to help start your conversation, as well as coupons for some fabulous products from Tampax and Always®. It's a great start for you and your daughter to help her become a strong, healthy and confident woman.

All the best,  
*The Tampax and Always Expert Team*

## Help Her Stay Confident

Encourage her to embrace the "**growth mindset**". It is the belief that you can grow your ability with effort. Explain to her — the brain is like a muscle; it gets stronger with exercise and practice.

How you praise her also plays a key role in helping her develop a growth mindset. **Try to praise her for her efforts, not just her accomplishments.**

Check out [tampax.com](https://www.tampax.com) and [always.com](https://www.always.com) or our YouTube channels for additional resources and advice.



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## Counting Down to the Big Day

A girl's first period usually happens between 9 and 13 years old. **However, every girl's body is different and has its own schedule.** You can expect to see her first period about two to three years after the first signs of puberty. If she hasn't started by the age of 16, consider seeing a doctor. Whenever it happens, a girl's first period should be exciting, not upsetting! **You can help her stay confident during puberty by giving her the information she needs.**

## During puberty you'll see a lot of changes


### Physical

- Her breasts will start to grow
- She will experience vaginal discharge
- She will get her period
- Her hips and thighs broaden
- Her labia may change
- She'll experience body odor, hair growth under her arms, on her legs and pubic area

### Emotional

- Her emotions and feelings may seem stronger
- She may get angry a lot easier and experience mood swings
- She may become more self-conscious
- New feelings of attraction may begin

## Help Her Be Ready at School

- Have her keep a pad or tampon in her purse, backpack, or locker 
- Have her start using a pantyliner a few days before she expects her period to start. It will help protect her underwear from discharge and light period flow.

For more tips and advice, you can download the full Parents Guide on [always.com/pubertyeducation](https://www.always.com/pubertyeducation)

