

Parent Information Sheet



It's time for 'the talk'.

Yes, that big parenting talk - the one where everyone involved is just as nervous as each other and feels like you might be about to step into a mine field.

First of all, take a deep breath, let us assure you it's nowhere near as scary as you might think. Talking about puberty for some is seen as a milestone of growing up, a rite of passage. It's a time of rapid growth and development where your child is moving towards adulthood. Your job is to keep the line of communication open, so you can discuss and support your child in understanding the changes and developments that will happen during this time.



The good news is that we are here to support your journey as you venture towards discussing this topic area with your child. Whether you're comfortable enough to discuss it at the dinner table or cringe with embarrassment at those words (you know the ones), there are plenty of handy tricks every parent should know before beginning the conversation.

- Remember puberty is completely natural – it happens to everyone!
- Be matter-of-fact
- Share your own experiences
- Use correct names for body parts – avoid slang words
- Space out the conversations – allow time for your child to digest information
- Expect and encourage questions
- Be sensitive to your child's comfort level
- Talk early and talk often –if your child is aware and understands the changes that will happen to their body, it will be a lot easier for them to accept it when the time comes
- Check out our resources and interactives at www.lovelibra.com/libra-girl/ to help start conversations

