

Parent Guide



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We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

As girls enter puberty, they'll notice lots of changes happening to their bodies - both physically and emotionally. Use the information in this guide to help them find answers to questions they may have about what's happening during this time.

What skills does this practise?

Comprehension

Discussion

Self-Awareness

Self-Esteem

Further Activity Ideas and Suggestions

If you want to discover more about puberty with your child, this [Girls and Puberty eBook](#) is a great place to start. These [RSHE Puberty True or False Sorting Statements](#) can help clear up misconceptions around puberty, or build confidence with this [body image and self-esteem activity](#).

Parents Blog



Twinkl Kids' TV



Homework Help

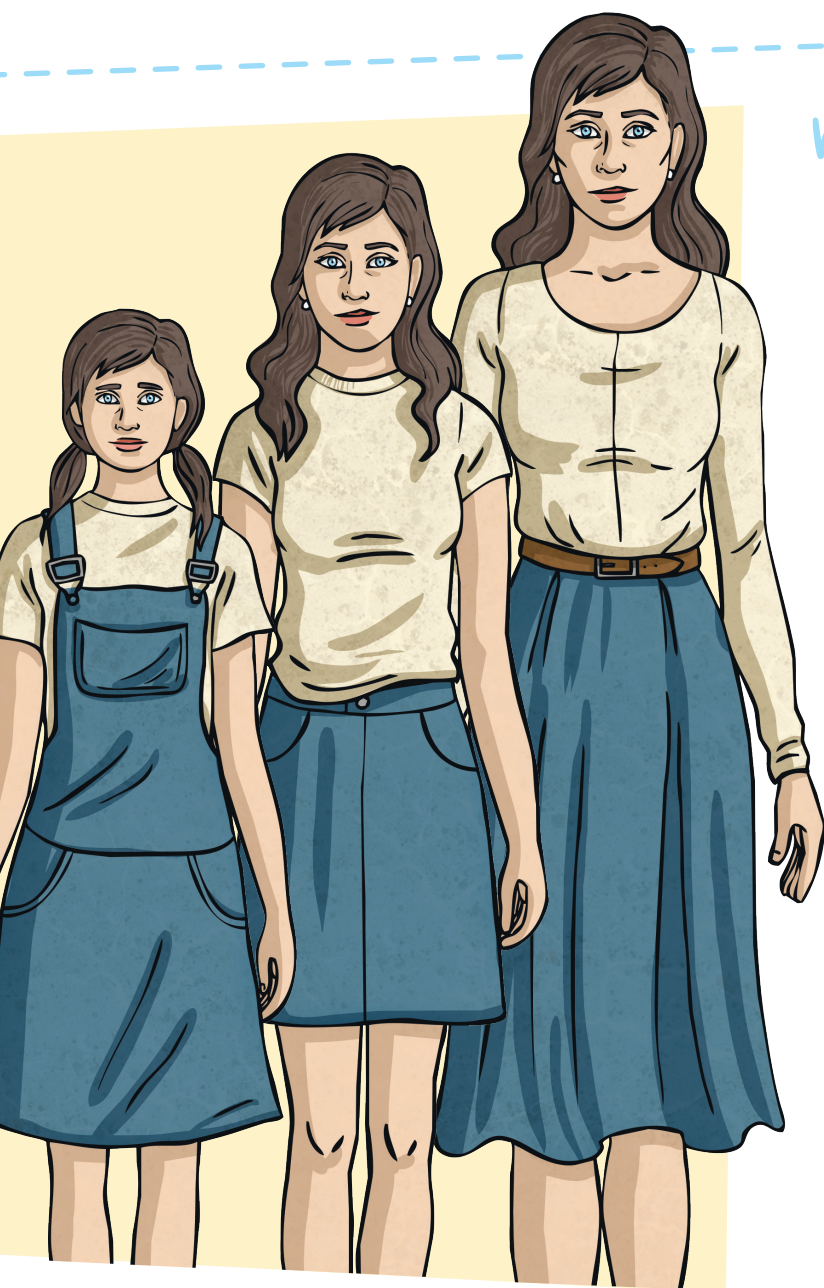


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Puberty for Girls: What's Happening to My Body?

As you grow older, you'll notice lots of changes happening to your body as you begin your journey through puberty. Change can be exciting but they can also be confusing and daunting too. Use the information in this guide to help you find answers to questions you may have about what's happening to you during this time. Remember, puberty is a natural part of growing up. Celebrate your amazing body and the remarkable way it adapts and develops as you grow from a child into a teenager and beyond.



What is puberty?

All sorts of things happen to your body during puberty. You may notice your breasts growing, hair appearing in different places, your period arriving and a range of different feelings and emotions engulfing you at times. But why does all this happen?

Puberty is a sign that your body is getting ready to be able to reproduce (to have a baby). During this time, different chemicals (hormones) are released from your brain signalling to your body that it is time to mature in order to be able to accommodate this. This is why you will experience many physical and emotional changes as you develop and grow.

Generally speaking, girls may experience the start of puberty anywhere between the ages of eight and 14. Always speak to a trusted adult if you are concerned or want to find out more about anything that is happening to you during this time.

What are the first signs of puberty?

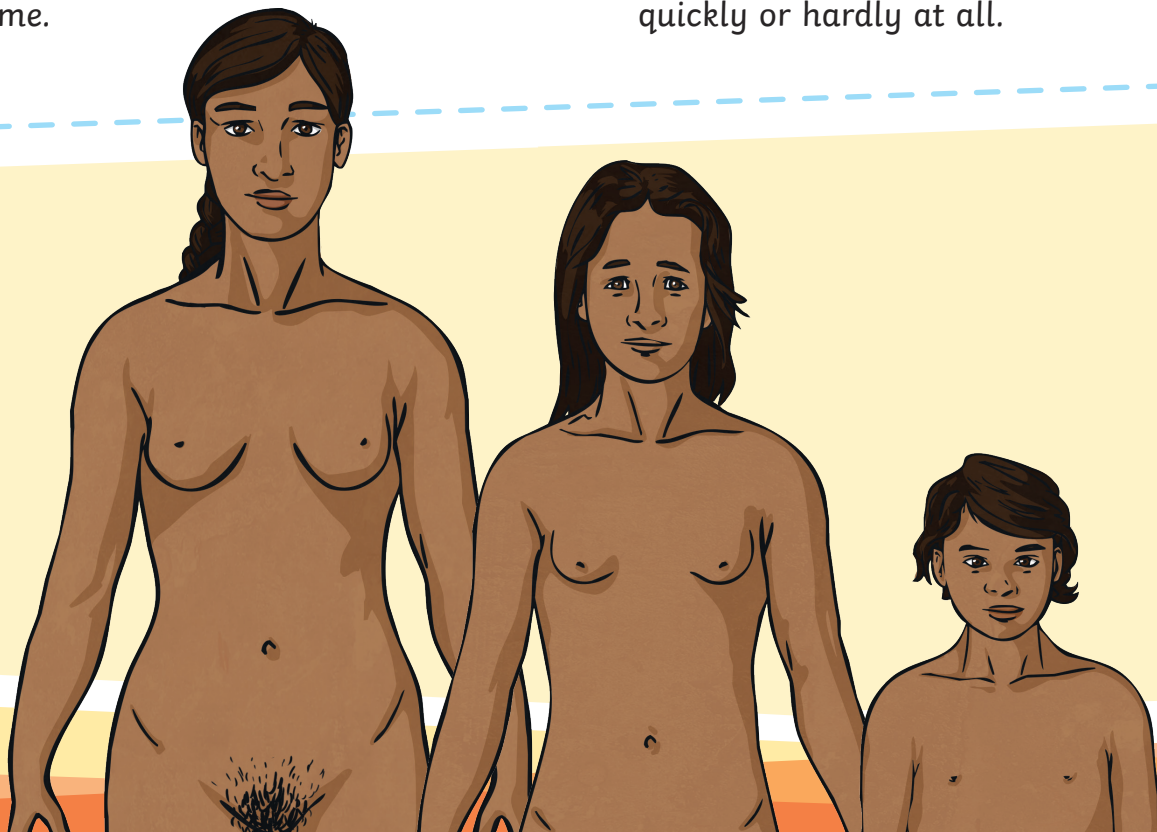
Everyone experiences puberty differently - your body will start to change in the way it needs to when it is ready to do so. However, the following changes may be signs that puberty has begun:

Growth spurts

During puberty, your body gets stronger and bigger. This means that you might grow quicker than usual. It's not uncommon for girls to grow between two and three inches during a couple of months during this time. As you get taller, you might get heavier and notice changes in your body shape - your waist might get narrower and your hips rounder. You will continue to grow for the next four to eight years. See below for some tips about how to develop some healthy habits during this time.

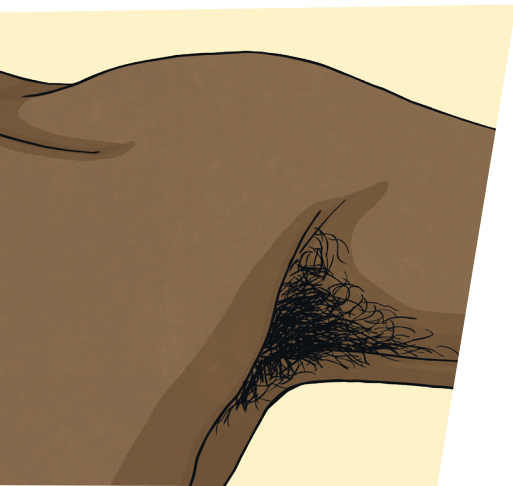
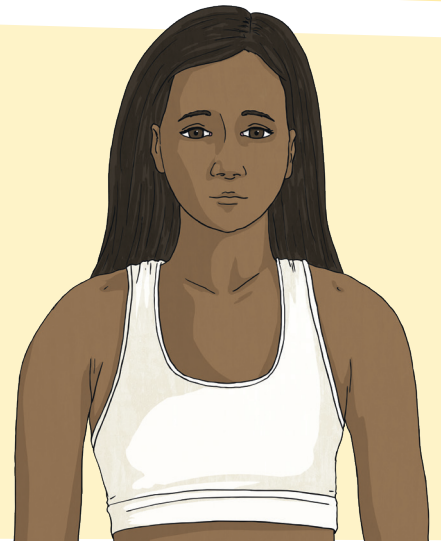
Breast development

Growing breasts are another early sign of puberty. The first thing you might notice is a breast bud - a small, coin-shaped lump just underneath your nipple. Breast buds signal that your breast tissue and milk glands are beginning to grow. 'Budding' breasts can feel quite tender and sore. After you develop breast buds, your breasts will begin to develop more fatty tissue and grow further. Sometimes one breast may develop quicker than the other breast, sometimes both breasts may grow fairly quickly or hardly at all.



When should I wear a bra?

Bras can provide support for your breasts when you are moving about, especially when you are performing physical activities such as running and playing sports. They can also provide an extra 'cushion' between your breasts and your clothing, which might be helpful if your breasts are feeling sore and tender. Not all girls choose to wear a bra, but if you feel it is right for you, talk to a trusted adult about arranging to buy one.

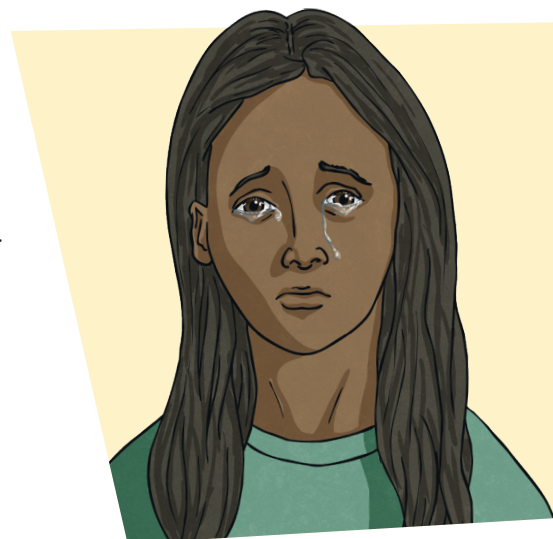


Why am I growing hair on my body?

During puberty, you may notice hair growth on your vulva and pubic mound (the space below your belly). This is called pubic hair and for some girls, it might be one of the first signs of puberty. Pubic hair is thought to provide some protective benefits, for example helping to keep you clean and warm. Hair may also start to grow under your armpits and the hair on your legs and arms may begin to grow thicker and darker during this time too.

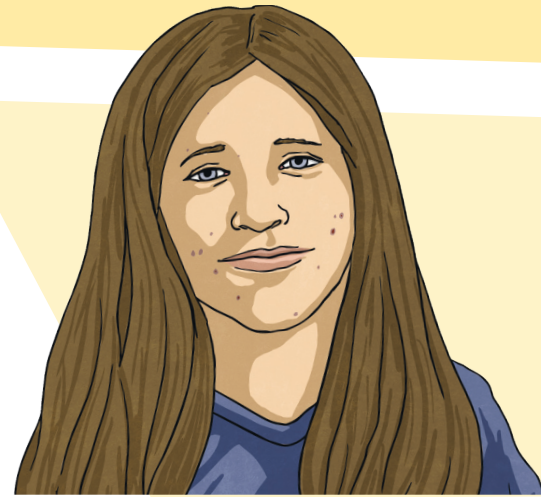
Why do I feel emotional?

During puberty, your body produces lots of hormones - chemicals that help you grow into an adult. Your brain is also growing and changing too during this time. Combined together, this may intensify your moods and emotions. Feelings of sadness, frustration, tiredness and anger are all normal during this time. You may notice a difference in your energy levels and sleep patterns too as your body continues to grow.



Why am I getting spots?

Glands on the skin produce an oily substance to lubricate the skin and stop it from drying out. Raised levels of a hormone called testosterone in your body during puberty can increase the production of this substance, leading to the formation of spots and acne. Washing your face with warm water and a mild soap twice daily may help to tackle this.



Why am I sweating more?

Your sweat glands become bigger and more active during puberty, often in response to the production of more hormones in your body. As a result, you may find that you sweat more. You might want to consider using deodorant or antiperspirant when this happens. Taking regular showers and keeping clean can also help.

How can I keep myself healthy during puberty?

Eat healthily: Eat plenty of natural foods, including lots of fruit and vegetables. These will provide the vitamins and minerals your body needs to grow and develop. Drinking water is also essential to help your body work properly and for you to feel good - around six to eight glasses of fluid per day is the general guide.

Get lots of good sleep: Your body is doing lots of work during puberty so it needs plenty of rest and sleep to give it energy. A lack of sleep can affect your mood, your memory and your ability to learn. Having a set bedtime routine as well as switching off screens 30 minutes before bedtime are some ways you can prepare your body for rest.

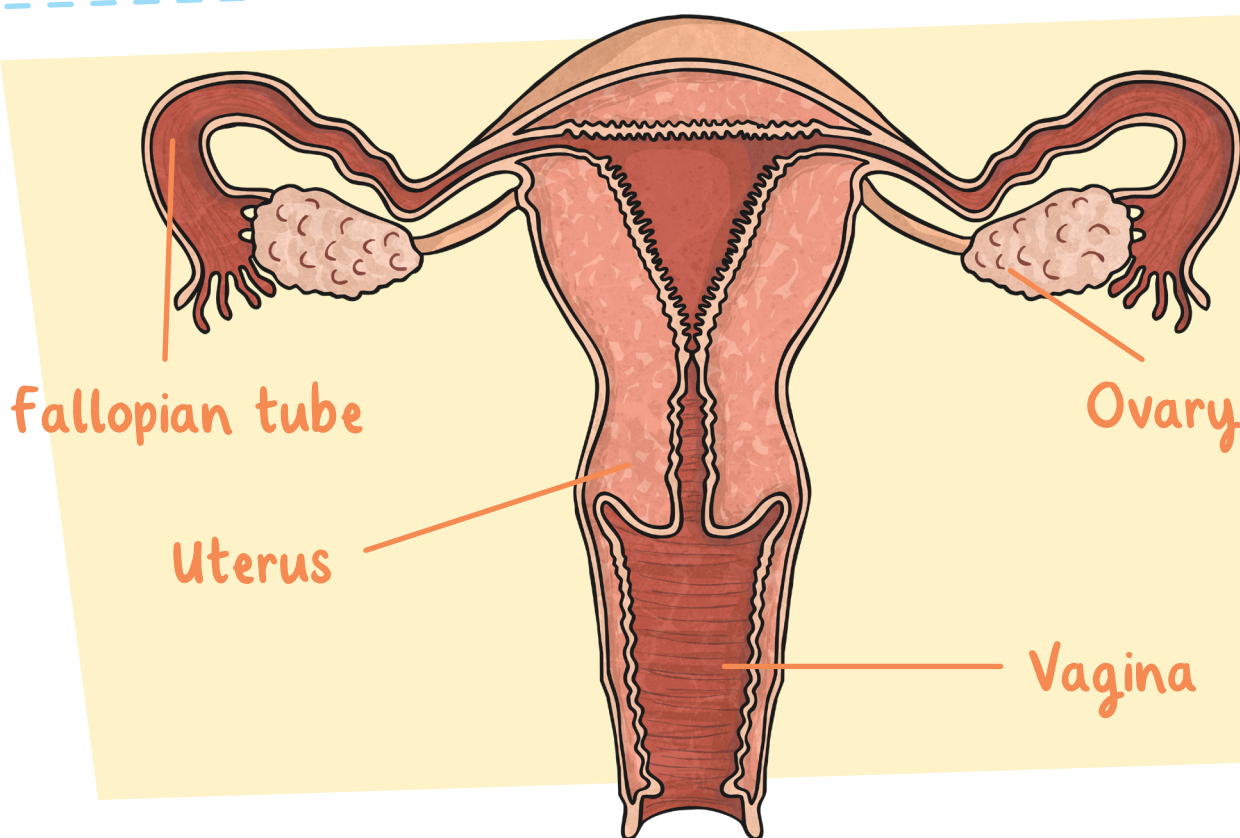
Get plenty of exercise: Not only will exercise help you to sleep, but it also encourages your brain to release chemicals called endorphins. These may help trigger a positive feeling in your body, helping you feel more calm and relaxed as a result.

What are periods and why do they happen?

Perhaps one of the biggest changes you experience during puberty is the start of your periods. A period is where a quantity of blood passes from your vagina for several days once a month. You may notice a few light spots of blood in your underwear or the blood could be heavier or darker in colour. Periods can last between three and eight days and happen around every 28 days.

Periods happen because girls are born with millions of tiny eggs inside their bodies - the cells needed to make a baby. These are stored in the ovaries - two small egg-shaped organs that lie on either side of the womb (uterus). During puberty and onwards, once a month rising levels of the hormone oestrogen cause the ovaries to develop and release an egg.

The egg arrives in the womb, which prepares itself by building up the lining of its walls. If the egg is not fertilised by a male sperm (needed to make a baby), the womb lining breaks down and the egg leaves the body along with a quantity of blood through the vagina. This is what is known as a period.



When will my periods start?

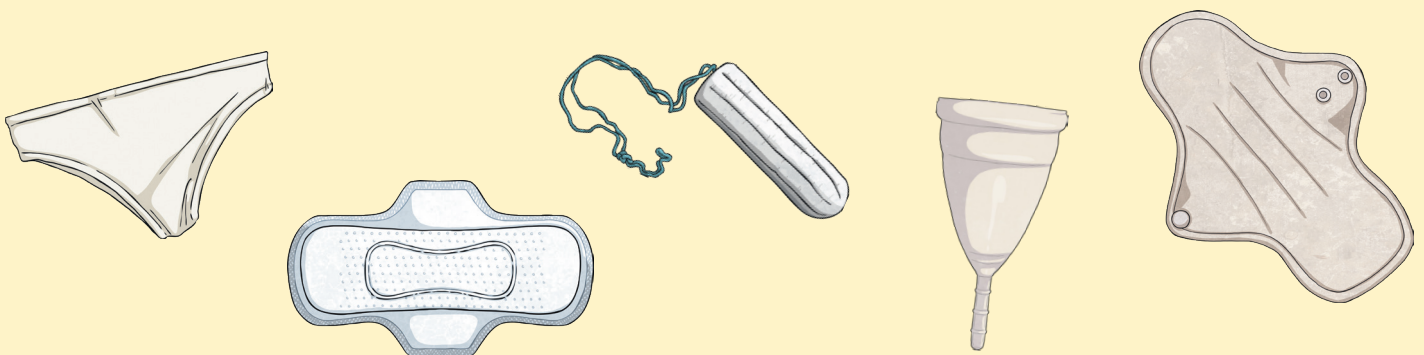
Not everyone is the same and you will probably experience your period in a different way and at a different age to your friends. Generally, you can expect your period to start anywhere between the ages of 10 and 16. Often, this is around two years after your breasts start to develop and around one year after you notice a white or clear vaginal discharge in your underwear. However, some girls can experience periods as young as eight. Remember to talk to a trusted adult if you have any concerns or want to clarify anything about what to expect.

How can I prepare for my first period?

There are lots of different sanitary products available and these are useful to have handy in preparation for when your period arrives. Common products include pads and tampons. Pads attach to the lining of your pants and absorb the flow of blood when it leaves your body. Tampons are soft pieces of cotton that are inserted into the vagina.

Talk to your parent or carer about getting some sanitary products and putting them in a bathroom cabinet so that you can access them when you need them. It's a good idea to have a 'period kit' ready too - several sanitary pads or tampons in a small holdall such as a makeup bag or a pencil case that you can carry around with you in your school or sports bag.

Ask your parent or carer about how to use these sanitary products. Don't be embarrassed to ask a teacher or other trusted adult if you find yourself at school or at a friend's house without a pad or tampon when your period starts.

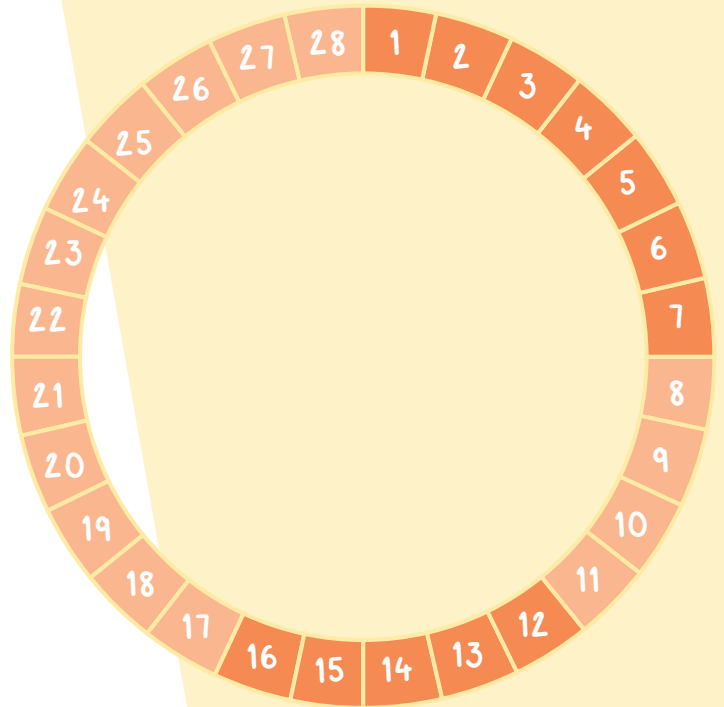


How long will my period last?

Every girl is different but generally, periods happen every 28 to 30 days and last between three and eight days. It may take a few months for your periods to settle into a regular pattern once they start.

Do periods hurt?

Periods often cause discomfort and pain, especially in the first 48 - 72 hours of menstruation. You can help manage your child's period pain in a variety of ways, including offering ibuprofen, a warm bath or a hot water bottle. Period pain tends to improve as girls get older.



We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as medical advice. As medical information is situation specific and can change, we do not warrant that the information provided is correct. You and your child should not rely on the material included within this resource and we do not accept any responsibility if you or your child does.

Please note: this resource uses the term 'girl/girls' to refer to children who will go through female puberty.