

Helpful
Tips

Tips for Talking to your Child about Puberty

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Start early! Instead of waiting for your child to come to you with questions, start conversations early about puberty and how kids can expect their bodies to change.

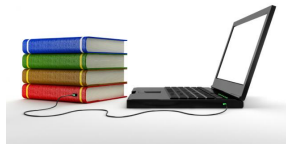
Utilize resources! The Robert Crown Center has conversation starters on their website, and we provided additional resources below. You can find books on Amazon and at the Wilmette Public Library.

Use examples from nature if it makes you feel more comfortable at first. Talking about “the birds and the bees” may be a great way to start the conversation in your family.

Practice before you talk to your child. It might seem silly, but it can make you feel more prepared.

Remember that your child is curious! Your children may say they don’t want to talk to you about puberty, but they are likely curious and will benefit from the conversation.

Resources* for Talking to your Child about Puberty



Kids Health Article: Talking to Your Child about Puberty

<http://kidshealth.org/en/parents/talk-about-puberty.html>

Child Development Institute Article: Having the Puberty Talk

<https://childdevelopmentinfo.com/ages-stages/teenager-adolescent-development-parenting/having-puberty-talk/#.WJo-VRlrKqA>

American Academy of Pediatrics: Healthychildren.org: Puberty

<https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/default.aspx>

*For your convenience, all three of these sites can be found on the WJHS Health Education website.