

Girls' Health and Puberty



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Healthy girls grow into empowered women.

Puberty is a time of change, and for young girls, it can be overwhelming, isolating and even embarrassing. But it doesn't have to be! Parents can help set the stage so this new chapter is filled with confidence and excitement.

Communication Is Everything

The more you talk with your children, the more you can help.

- **Create a safe place** — Help them feel secure to bring up questions and concerns.
- **It's never too early** — Talking to them about their bodies helps them prepare.
- **"This is normal"** — Remind them these changes are completely normal.
- **Just listen** — Sometimes our kids just need to vent.

Empowerment Starts Early

Confidence comes from knowing they have control, a voice and value.

- **Body ownership** — Remind them their body is theirs to care for and protect.
- **Safety** — Personal boundaries help build both confidence and practical skills.
- **Smart tools** — Period tracking apps help them tune in with their cycle and spot any irregularities.
- **Support goals** — Empower them through encouragement and structure.



Did you know?

Puberty usually starts for girls around ages 9 to 13 years old.



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Whole Health Tips

Supporting your teenager's development also means helping them to build healthy habits.

- **Balanced diet** — Build a diet filled with whole grains, fruits, veggies, lean protein, nuts and seeds.
- **Mental health** — Regularly check in with your kids and set aside time to talk about their thoughts and feelings.
- **Regular exercise** — Whether it's daily practice or a neighborhood jog, exercise boosts physical and mental health.
- **Sleep** — Monitor bedtime, especially on weekdays. Teenagers need 8-10 hours of sleep per night.

Gym Bag Necessities

Before your daughter jumps into practice or the big game, make sure her gym bag is stocked up with:

- Pads or tampons.
- Extra underwear.
- Travel-size wipes.
- Spare shorts or leggings.

Sutter Children's Health Services

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