

# Girls' New Puberty

WHEN **8** YEAR OLD

GIRLS HAVE **13**

YEAR OLD BODIES



JUST A GENERATION AGO LESS THAN 5% OF ALL GIRLS STARTED PUBERTY BEFORE THE AGE OF 8

{ NOW IT'S 10%+ }

ON AVERAGE...

10% CAUCASIAN

15% HISPANIC

25% AFRICAN AMERICAN

...BEGIN PUBERTY BY AGE 8

## MOVE MORE & MORE OFTEN

**SPEND TIME TOGETHER OUTSIDE**

GO FOR BIKE RIDES OR WALK TO PARK/SCHOOLYARD. FIND ACTIVITIES YOU BOTH/ALL ENJOY AND LET HER CHOOSE



IDENTIFY ACTIVITIES SHE LIKES AND WILL SUSTAIN

GIRLS SHOULD GET AT LEAST 60 MINUTES OF PHYSICAL ACTIVITY A DAY

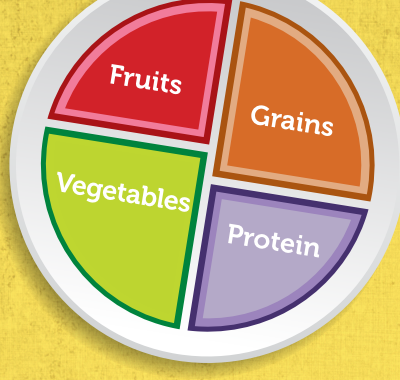


BREAK IT UP! 2 X 30 OR 4 X 15

FEED HER **positive thoughts** TEACH HER TO APPRECIATE WHAT HER BODY CAN DO!



FILL MOST OF YOUR PLATES WITH **VEGGIES, WHOLE GRAINS, BEANS & FRUIT**



BEWARE THE

**"BIG 3"**

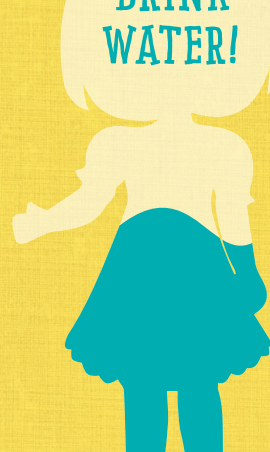
SUCROSE + CORN SYRUP + FRUCTOSE (SUGAR) (SUGAR) (SUGAR)

## EAT HEALTHY!

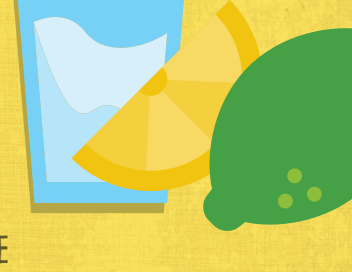
EMPHASIZE HEALTHY EATING OVER DIETING & WEIGHT

avoid negative statements about food, weight, and body size and shape

**DRINK WATER!**



DON'T DRINK YOUR CALORIES; INSTEAD OF SODA OR SPORTS/ENERGY DRINKS CHOOSE



**WATER WITH LEMON/LIME OR OTHER FRESH FRUITS**

SCHOOL-AGE KIDS (5 TO 10 YEARS OLD) NEED **10-11** HRS. TEENS (10-17) NEED **8.5-9.25** HRS. OF SLEEP

HAVE A **quiet** BEDTIME ROUTINE TAKE **30** MINUTES TO UNWIND & PREPARE FOR SLEEP



**SCREENS OFF!**

## GET ENOUGH SLEEP

SLEEP HELPS OUR BRAINS PROCESS EVENTS AND INFORMATION; TAKE TIME TO TALK THINGS THROUGH AND CALM DOWN BEFORE BED

LACK OF SLEEP FEELS LIKE HUNGER; ENOUGH SLEEP HELPS MAINTAIN A HEALTHY WEIGHT



SOCIAL MEDIA AFFECTS HOW GIRLS FEEL ABOUT THEIR BODIES AND THEMSELVES...

TALK ABOUT WHO YOUR DAUGHTER IS INSTEAD OF HOW SHE LOOKS

EXERCISE + HEALTHY FOOD + SLEEP ALL HELP US MANAGE STRESS

Take a walk, listen to music or laugh to restore (your) calm

## MANAGE STRESS



PUBERTY CAN BE A TIME OF MOODINESS...

...HELP HER UNDERSTAND AND TALK ABOUT HOW SHE FEELS



## LIMIT CHEMICALS

(THEY CAN AFFECT HORMONES)

**AVOID PLASTIC!**

MICROWAVE FOODS IN GLASS OR CERAMIC & FILL UP YOUR METAL OR GLASS WATER BOTTLE

SAVE \$ AND THE EARTH!

**USE GREENER CLEANERS**

CHOOSE SAFE, NON-TOXIC CLEANERS OR MAKE YOUR OWN WITH BAKING SODA AND VINEGAR; SKIP AIR FRESHENERS & DRYER SHEETS

Cut down on lotions and cosmetics, especially perfumes and scented ones

WASH PESTICIDES OFF YOUR FRUITS AND VEGGIES



LEARN MORE AT: [ZEROBREASTCANCER.ORG](http://ZEROBREASTCANCER.ORG)

zero breast cancer

PRODUCED WITH SUPPORT FROM THE AVON BREAST CANCER CRUSADE. BASED ON THE BOOK THE NEW PUBERTY: HOW TO NAVIGATE EARLY DEVELOPMENT IN TODAY'S GIRLS BY LOUISE GREENSPAN, MD, AND JULIANNA DEARDORFF, PHD.