

# 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

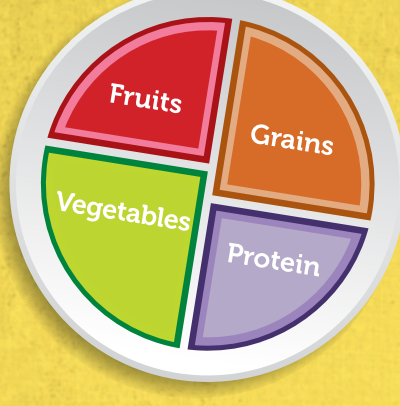
IDENTIFY ACTIVITIES SHE **LIKES** AND WILL **SUSTAIN**

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**

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*  
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