

Help Your Daughter Cope With Puberty



Eliminate misinformation

Give your daughter correct facts about physical transformation during this time.

Focus on your child

Watch your teenage girl doing different activities. Let her know that you are always there for her.



Have conversations

Have frequent conversations with your girl, and use these opportunities to talk about your values.

Encourage her

Rather than threatening your child, be a source of encouragement for her. Let her try out things she loves.



Stay positive

Always have a positive outlook. Praise your girl when she achieves something.

