

The Talk



**How to tell your daughter about
her period so she's excited about it!**

Written by Meloney Hudson, Red Diamond Sisters



Disclaimer

This booklet is designed to support parents and caregivers to prepare their daughters for menstruation. Much of the information comes from health and wellness sources and from the *Red Diamond Sisters Club* book. It is designed to expand our perceptions of menstruation and to be prepared to share information with our children from a positive perspective. This is not intended to be a substitute for the advice provided by your healthcare professional.

Hey, Mom!

Did you know that fewer than 40% of US schools require classes on reproductive anatomy and puberty? That means, moms or other adults are expected to tell their daughters about their periods. Many moms find this to be an uncomfortable conversation.

Think back: how did you learn about your period? Did your mom tell you? Your girlfriends? A teacher? Were you told it was a curse? A drag? A monthly pain in the butt?

When you think back to that time, your introduction to menstruation and your period may have influenced your lifelong perceptions of it. Many girls learned to view their periods with dread.

We want to flip negative perceptions of menstruation into positive ones so our new generation of women see the magic and power that comes with it. And moms can help do it.

You are a major force in cultivating your girl's power and self-esteem, and the way you present menstruation can set the stage for her positive attitude about it.

We can help you guide your daughter into this transformative time so she feels positively - and maybe even *excited* - about her body, herself and her period.

The following tips will prime your conversation about menstruation with your daughter.

Long Before “The Talk”

Acknowledge her maturity

Many moms find it hard to watch their little girls grow up. If your relationship with your daughter hasn't evolved along with your girl's development, and you still treat her like a little girl, now's the time to notch up your efforts and treat her as a maturing human being.

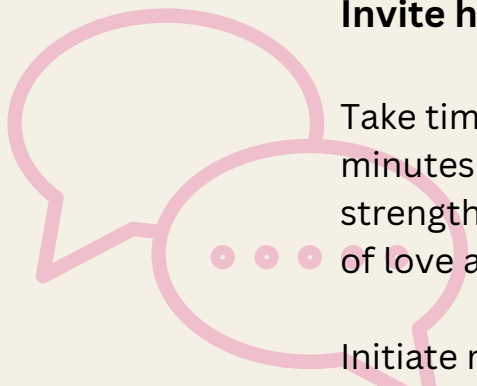
Speak with her in adult terms. Allow her to make more decisions for herself, and let her know you're there whenever she needs you. Cultivate a rapport of mutual respect, trust, and love. By the time she heads into puberty, she will have gained more independence and self-certainty. Your relationship will be stronger and she'll be primed to accept big changes in her body and her period.



Invite her to share her insights, then listen.

Take time to talk with and listen to your daughter. Just 15 minutes of focused one-on-one time every day will strengthen your connection and cultivate a relationship of love and trust.

Initiate regular communication. Encourage your daughter to express her thoughts and ideas about her life. Ask questions. Listen. Showing your daughter that you care will create an environment of trust and comfort so that your conversations are a normal part of your relationship. By the time she reaches puberty, it will be much easier for her to hear your insights about menstruation. It will be easier for you to share it, too.



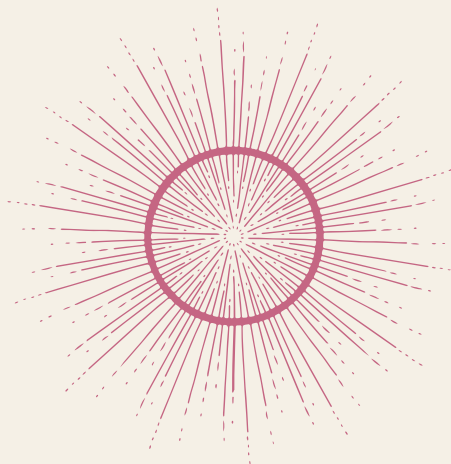
Relate to nature

In our digital world of smartphones and iPads, we forget that we humans are biological wonders of nature and part of a beautiful planet. Spending time in nature connects us with the real world and expands our view of life.

Spend time outside with your daughter. Take walks or hikes in the woods together. Become aware of the birds and flowers. Gaze at the moon at night. Discuss the details of the seasons and the cycles of life. When we connect with earth and sky and appreciate the vastness of the natural world, we become calmer, more grounded, and more capable of handling the small things in life, like our periods.



Acknowledge her innate gifts and assets



Boost your child's confidence and self-esteem by acknowledging her skills, gifts, and accomplishments. Identifying your child's assets will bolster her confidence and instill appreciation of her own unique gifts and qualities. Upon this foundation she'll develop fulfilling interests that will help her feel productive and accomplished.

Her focus on the things she loves will help regulate her moods and build self-esteem, which gives her an advantage as she begins her period.

Make physical health a priority in your home

Did you know problematic periods are linked with poor nutrition? Long before your daughter hits puberty, begin cultivating her preference for healthy eating by feeding her more whole foods and fewer snacks and junk food. Fill your kitchen cabinets and fridge with fruits, vegetables, nuts, whole grain breads, and cheeses. Make junk foods and sweets only occasional treats. Her love of nutritional foods will set her up for a healthy, energetic adolescent (and adult) who glides through her periods with ease and appreciates her body.

Become a mini-nutritionist and find up-to-date information on health and nutrition on the internet. Try these:

[Academy of Nutrition and Dietetics](#)

[Unlock Food](#)

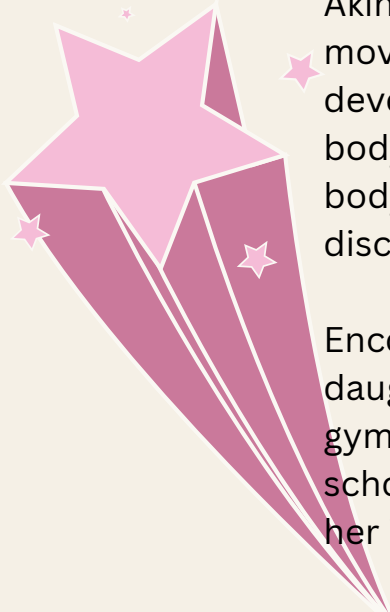


Get Physical

Akin to healthy eating is ample physical activity. Today's kids are moving less, which interferes with their physical, mental and social development. This can lead to uncomfortable periods and poor body image. Physical fitness contributes to good health, positive body image, and confidence. Bonus: It also reduces menstrual discomfort.

Encourage active play and physical movement. Take your daughter on walks or hikes. Support her interest in dance, gymnastics, swimming and volleyball (fave activities for middle school-age girls.) Help her sign up for sports at school or enroll her in the YMCA and other youth programs.

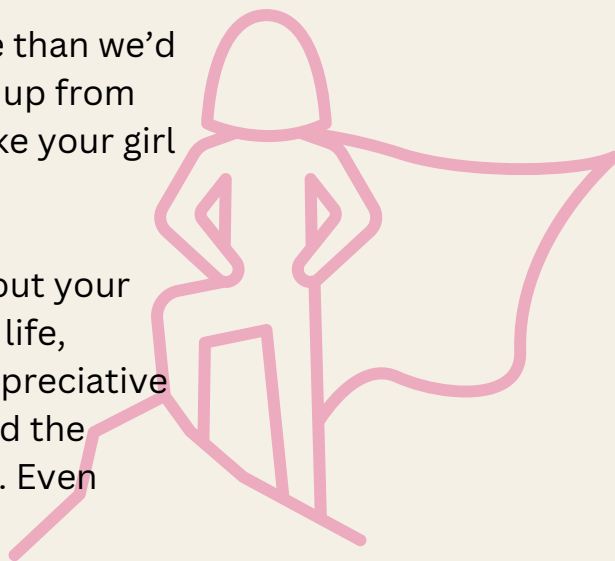
And compliment your daughter's physical abilities and assets, no matter her level of fitness. Your positive reinforcement contributes to her positive body image, self-esteem, and appreciation of her health.



Be a positive role model

As moms, our actions influence our kids more than we'd like to believe. (Look at the habits you picked up from your mom!) So, be the kind of person you'd like your girl to grow up to be.

Take care of your health. Speak positively about your body and abilities. Express gratitude for your life, family, job and special interests. The more appreciative and joyful you are about your self and life, and the greater the chance your daughter will be, too. Even when she starts her period.



Investigate



Research indicates a child is ready for bits of menstruation by age 6 or 7. By age of 10, she will be ready for a more direct "Talk."

But first, do some research. Ask her teacher if the school offers girl's health lessons, and what is taught. Even if school does provide education, your talk will provide concepts that frames menstruation as a magical and empowering time. (Schools don't do this!) And if the school doesn't offer reproduction education, prepare your thoughts and have visual aids handy. Our guide, *My Body: The Magic Inside Me*, can help.

Ready, Set, GO!

Now that you've established a stellar relationship with your daughter and primed her for new insights, you can enjoy The Talk and feel confident that it will be a positive and empowering experience for both of you.

ONWARD!

The Talk



Ease into the Conversation

You feel that this is the perfect moment. for “The Talk.” Maybe you planned it, or maybe the time has arisen spontaneously. However it came up, make it a casual conversation.

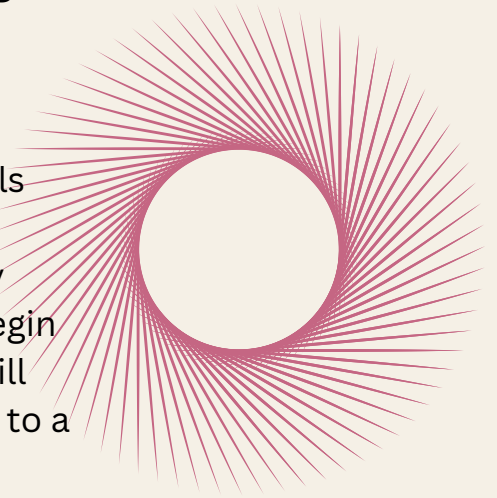
Start by asking: “What are you hearing about menstruation?” Then listen. Don’t let her shrug it off. Ask her what details she’s heard from her school or friends. You may be surprised by your daughter’s breadth of knowledge - or lack of it.

Ask her if she’d like to hear some really great things about this time of her life. Share the concepts explained in the following pages. Speak in positive terms and share your excitement of your daughter’s growth. Express that this is an important time of her life and wonderful things are about to emerge.

Following are period-positive and empowering concepts you may share during The Talk.

Concept: Her gifts will awaken as her period begins

This is an exciting leap in your daughter's personal evolution when her physical and soulful gifts fully blossom. Explain that the many divine gifts and skills she was born with will begin to develop at lightning speed and even more gifts will appear. Her curiosity about the world will increase and her dreams will begin to grow grander. Her gifts, curiosities and dreams will help her design the life she wants and will guide her to a bright future.



Your period is a symbol of the blossoming of your gifts and joyful life ahead.



Concept: Her blood is a symbol of her power

Help your daughter see the beauty in her period blood. It's not something to be grossed out by, but to be fascinated by. Her blood is the symbol of her power. Red is the color of power. Think of all the incredible things in the world that are red, like gems, exotic birds, flowers.

Period blood is the most valuable red, for it represents your gifts, beauty and powerful existence in the world!

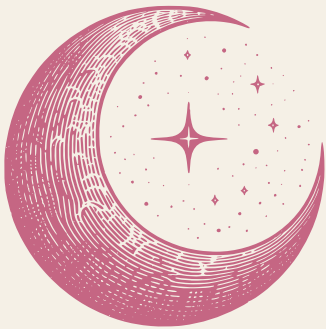


Concept: Her body's cycles are in tune with nature

The word menstruation comes from the Greek and Latin word moon or mene. This is because our cycles closely match the moon's. The moon cycle from new moon to new moon is 29 days. The menstrual cycle is typically about the same.

Notice the moon's phases throughout the month and relate it to her own physical phases to make menstruation more natural and even a bit magical.

Your menstrual cycle is as natural and magical as the waxing and waning moon.



Concept: Moon = Moods

The moon influences the rise and fall of the ocean tides and the energy around the planet. Our menstrual cycle influences our energy levels and moods, from high to low. So some days she may feel happy and energized, and other days she may feel down and low energy. Knowing this can help her accept and maneuver through her ever-changing moods and energy.

Your fluctuating moods and energy are as natural and the rise and fall of the tides.



Concept: Her period inspires thoughts and ideas

Along with massive physical changes comes a surge of thoughts and ideas about life. Encourage your daughter to welcome this flood of insights and write them down in a journal.

Journaling during times of confusion and bad moods to help clear negativity and welcome ideas. Hunches may arise that help her solve issues, make decisions, or guide her in the right direction. Recording her dreams and curiosities will expand her inner world and lighten her mood and. Writing creatively may fill her soul with joy like no other pasttime. Her creativity unfurls once her periods begin.

Your thoughts are rampant during your period. Journaling captures the magic of your mind.

Concept: The female body is a miraculous design



Many schools don't provide reproductive education, and your overview may be the first time your daughter hears about her biology. So, ask your daughter if she knows what happens in her body during her menstrual cycle. Share the science of her body with a dash of amazingness.

Assure that her body is a miracle, and her period is a sign of her development as a human being. Practically all women, since the beginning of time, have had periods. Even female mammals have periods. This is because the female body is designed to have babies when she is an adult, if that is what she wants in the far distant future. This ability is what makes females supreme beings of the universe.

Explain the biology in simple terms. If needed, use an illustration of the female reproductive organs from the internet to help your explanation.

Our ovaries contain eggs that are designed to form human life. Once a month, during ovulation, an egg travels from an ovary through a fallopian tube into the uterus, where it will sit in the soft tissue and fluids for two weeks. Then the egg, blood and uterine fluids will be released and flow through the vagina out of the body. This is the blood of our period. Only about 3 tablespoons of blood slowly flow out from three to five days, sometimes more or less. This is your sacred cycle, which is a natural and miraculous function of the body.

Your body is sacred. Your body's design and functions are miraculous. You are a supreme being of the universe!

Concept: Prepare to Welcome your Period

It's bound to happen one day, so help her get ready with a period prep kit. This simple collection will help her feel special, reduce her anxiety, and face her period with excitement.

A Period Prep Kit may include:

- A few teen-sized pads in a makeup bag or pouch. (Pads are the easiest and least intimidating product for a first period.) She can take this to school, in case she starts her period there.
- A box of cramp-soothing tea, such as cinnamon or ginger. Or a more medicinal tea like Traditional Medicinals Tea, Organic Healthy Cycle.
- A copy of Red Diamond Sisters Club, which abounds with empowering concepts that help your daughter transform her ideas of her period into a symbol of her power.
- A notebook or journal, plus a pen, for her written thoughts.

Concept: Demonstrate the Pad

Show your daughter what a pad looks like and how it is used. You can even demonstrate it on your own panties (wear yoga pants and place panties over top to demonstrate the placement of the pad.)

You may also explain how a tampon is used, but we think it's best to wait so as to not overwhelm her.





Concept: Celebrate!

When your daughter's period begins, celebrate with her. There are many ways to congratulate your daughter on her big day. Take her to Mother Daughter lunch. Go to a movie together. Give her a bouquet of flowers. Buy her a red shirt.

Or for an extra special celebration, form a ritual or initiation with her friends, so that they may all step into a joyful and empowered.

Tips for The Talk

Here's the secret: The Talk isn't just one talk, but a series of talks over time. You can build a strong and trusting relationship over time while with a lot of sharing and listening starting from your child's young age.

Another Secret: Feel confident about your own body and period. So, when you do share information about menstruation, your attitude about it will be positive. Your child will sense this and will help her to feel excited to listen.

Following are a few tips for your "Talk" to help enhance your daughter's body image, confidence, and period positivity.

Tip 1: Start early, talk much

- Lay a strong foundation of communication and trust early - when your child is old enough to talk. Ask her questions and listen to her answers with keen interest. Answer her questions to the best of your ability.
- According to health educators, it's good to start introducing information about menstruation when their six or seven years old. So start sprinkling in period positive concepts then.
- If your child asks about menstruation-related, for example, they heard something from a friend, or saw your bloodied panties in the hamper, provide honest and open answers. Don't try to hide it. Simply share that it's a sign of a natural, healthy, and magical function that happens to grown-up women. You can even say "it's a woman's power." Plant the seeds early!
- At a young age, all information is new, so it's likely a child will accept the concept of menstruation without judgement - the same as other body functions.

Tip #2 for The Talk: Help her become body aware

- As early as toddler age, start introducing the proper names of reproductive body parts, including vulva and vagina (penis, etc.) Studies show children who know the names of their anatomy are more confident and have a positive body image.
- Long before puberty and into puberty, ask her simple questions in casual conversation about her body,. Questions can include:
 - How did you feel today? Did you have a lot of energy?
 - How do you feel after eating your fruit?
 - What is your favorite thing about your body?
- Share your insights about your own body. For example, answer your own questions. “I felt energetic today.” Or brag about your favorite body parts.
- Take walks with you child to help her connect with her physical body and the joy of physical activity. Have casual conversations about the body during your walks. Ask questions.

Tip 3 for The Talk: Be aware of her physical changes.

- As she begins to enter puberty, just notice. Her breasts will begin to develop 2-5 years before she starts her periods.
- Ask her questions about her body without zeroing in on her breasts or other maturing features (which could be embarrassing):
 - What changes are you noticing changes in your body?
 - How do you feel about them?
 - What do you like about the changes you’re noticing in yourself?
- Assure her that her developmental changes are normal and natural. And so exciting!
- Regularly compliment her on how strong, healthy, beautiful she is. At this awkward age, compliments are reassuring
- Let her know you’re always there to answer her questions and concerns (and then be there, whenever possible.)

Tip 4 for The Talk: Ask her if she's heard about periods.

- As you see her body changing, start sprinkling questions into your everyday conversations. Make sure it's only the two of you, and not with other people around.
- Casually ask you child if she's heard about periods.
- If she says, "yes," ask what she heard. Listen with interest. Affirm her sharing with positive comments, "Good. Yes, that's right."
- If you daughter shares that she's heard negative things about periods, tell her that you have a different story, and share positive period concepts, like "menstruation is when a woman grows into her power, and is when her divine gifts blossom."
- If she says she has not heard about periods at all, respond with sincere enthusiasm, "I'd love to be the one to tell you about it." Would you like to hear?

Tip 5 for The Talk. Speak positively about menstruation. Share Period Positive concepts.

Remember, you're a powerful influence to your child and your period attitude will influence your daughter's. If you sound upbeat and positive about it, she will feel that way. Let the Positive Period Concepts presented earlier in the book help you. Here's a recap:

- Menstruation awakens your power
- Your female reproductive organs are amazing and miraculous
- Your blood is magical!
- Your cycle is natural and in tune with nature
- The onset of menstruation is when your gifts and strengths blossom
- You are part of a universal sisterhood!

Notice how these messages make you feel about your period. It will do the same for your daughter .

Tip 6 for The Talk: Speak about periods so that it's exciting!

- When you share information about periods, speak with confidence and optimism. Help her feel that this is a very special time in her life. Your enthusiasm will help your daughter feel more excited about this transformative time and her periods.
- You may consider this conversation to be her initiation into womanhood.
- When your daughter actually begins her period, think about celebrating. It can be as simple as making her a special meal, or as elaborate as a ceremony with her friends.

Tip 7 for The Talk: Share YOUR story with her

- Let your child know how you learned about menstruation and how you felt about it when you started. If your first period experience was not great, tell her so and tell her why. (Maybe because you weren't prepared, or didn't know about it.)
- Follow with how you feel positively about it now. Say things like, "it's a part of my healthy life", "I feel like a woman", "It's a symbol of my power", or whatever is positive for you. Plant positive seeds.
- Tell her that you want her to be prepared for her periods and feel good about her body, and that's why you're talking about it now.
- Your story can help normalize menstruation.
- Your story can even deepen your relationship and create a closer connection. Your child will feel honored that you shared so intimately with her.



Thank you, Mom!

We hope these concepts and tips are helpful.

Your positive attitude toward her period will help her to appreciate her whole self, and with that kind of confidence, she will bring a lot of good to this world. Soon, our entire culture will celebrate and honor menstruation, as it should be.

Thank you for being a positive influence for your daughter and for guiding her to her most powerful self.

Red Diamond Sisters is here to assist you. If you have questions or need support, contact us at info@reddiamondsisters.com.

Thank you, Mom!



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