



# 10 Easy First Moon Celebrations



A photograph of three young women smiling outdoors at sunset. The woman on the left is in the foreground, looking towards the camera. The woman in the middle is slightly behind her, and the woman on the right is further back and slightly out of focus. The background is a warm, golden glow from the setting sun, with some green foliage visible in the upper right corner.

## INTRODUCTION

Through the ages, a girl's first period was acknowledged in ceremony to celebrate the awakening of her gifts and her passage into womanhood.

Today's girls can also benefit from First Moon celebrations; they may begin to appreciate the significance of their periods and see the beauty that is awakening within them.

Small gestures of celebration can make a big impact on a girl. This booklet offers 10 easy ways you can celebrate your daughter's first period and help her step into this new time of life with excitement.

## GIFT HER

While she's at school, place a gift on her bed. Ideas include a necklace, journal with pen, picture frame or special garment that she will use and cherish. Add a note to congratulate her for being such a wonderful, grown-up daughter. Let her discover the gift on her own when she goes to her room.





## WALK IN NATURE

Take a mindful walk in nature together. Observe your surroundings and talk about the beauty you see. Tell your daughter how much you appreciate her nature; her physical strength, beauty, kindness, etc. Congratulate her for starting her period. Share a story about your first period. The conversation may move to a deeper discussion about menstruation, her insights and what her friends say about it.



## PUT IT IN WRITING

Write a note in a greeting card to thank her for being such a gift in your life. Congratulate her for growing up to become a beautiful and amazing woman. Tell her how excited you are for her and her life ahead.

A woman in a red dress is holding a bowl of food. A young girl in a yellow patterned dress is standing by a table with flowers and candles. The scene is set in a kitchen or dining area.

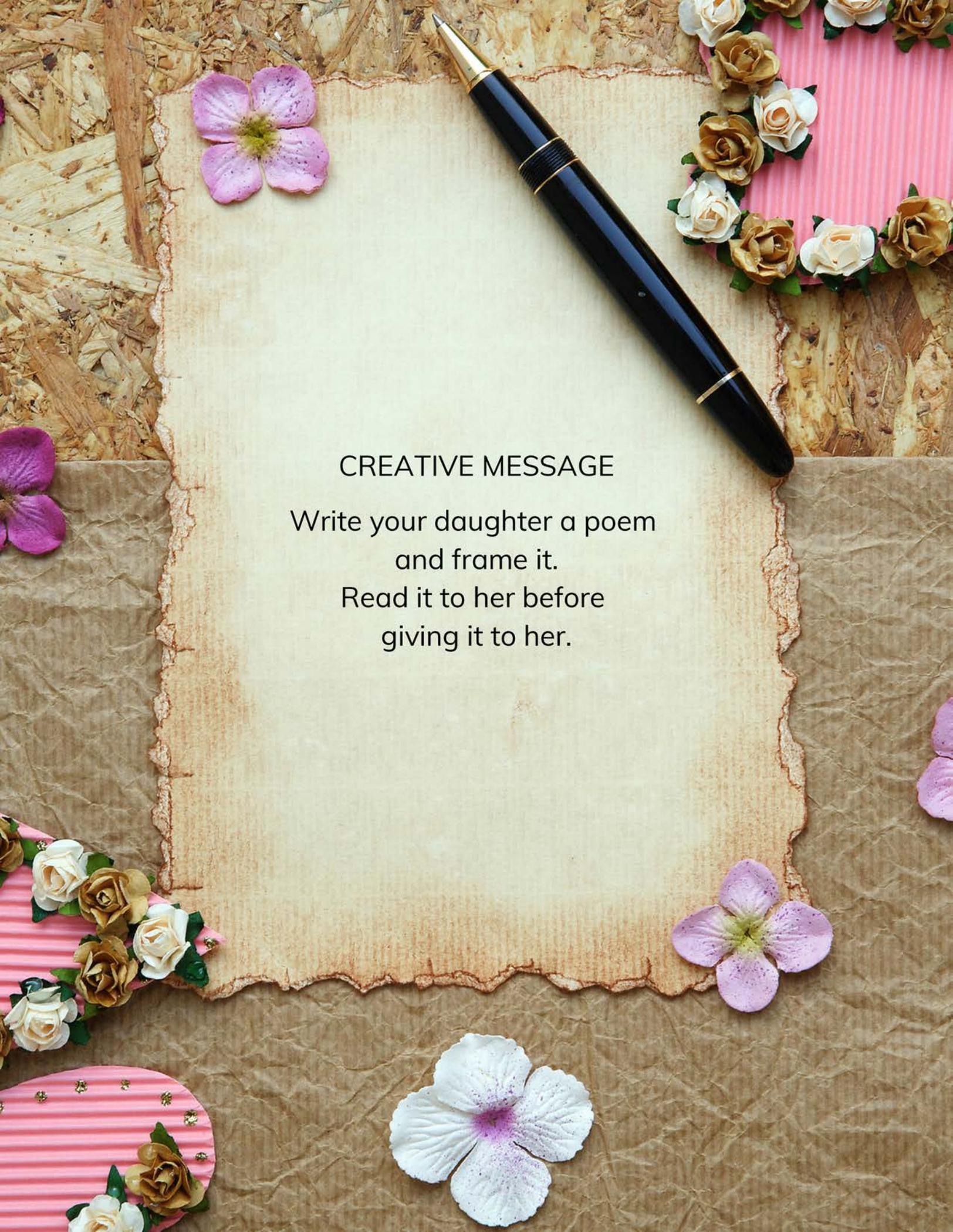
## SPECIAL DINNER

Make your daughter a special meal with flowers, candles and music. Dedicate the dinner to her. If this is a family meal, don't announce the reason for the occasion, other than you're acknowledging how wonderful she is. Leave it up to your daughter to share the reason on her own, if she wishes to.

## CELEBRATION DESSERT

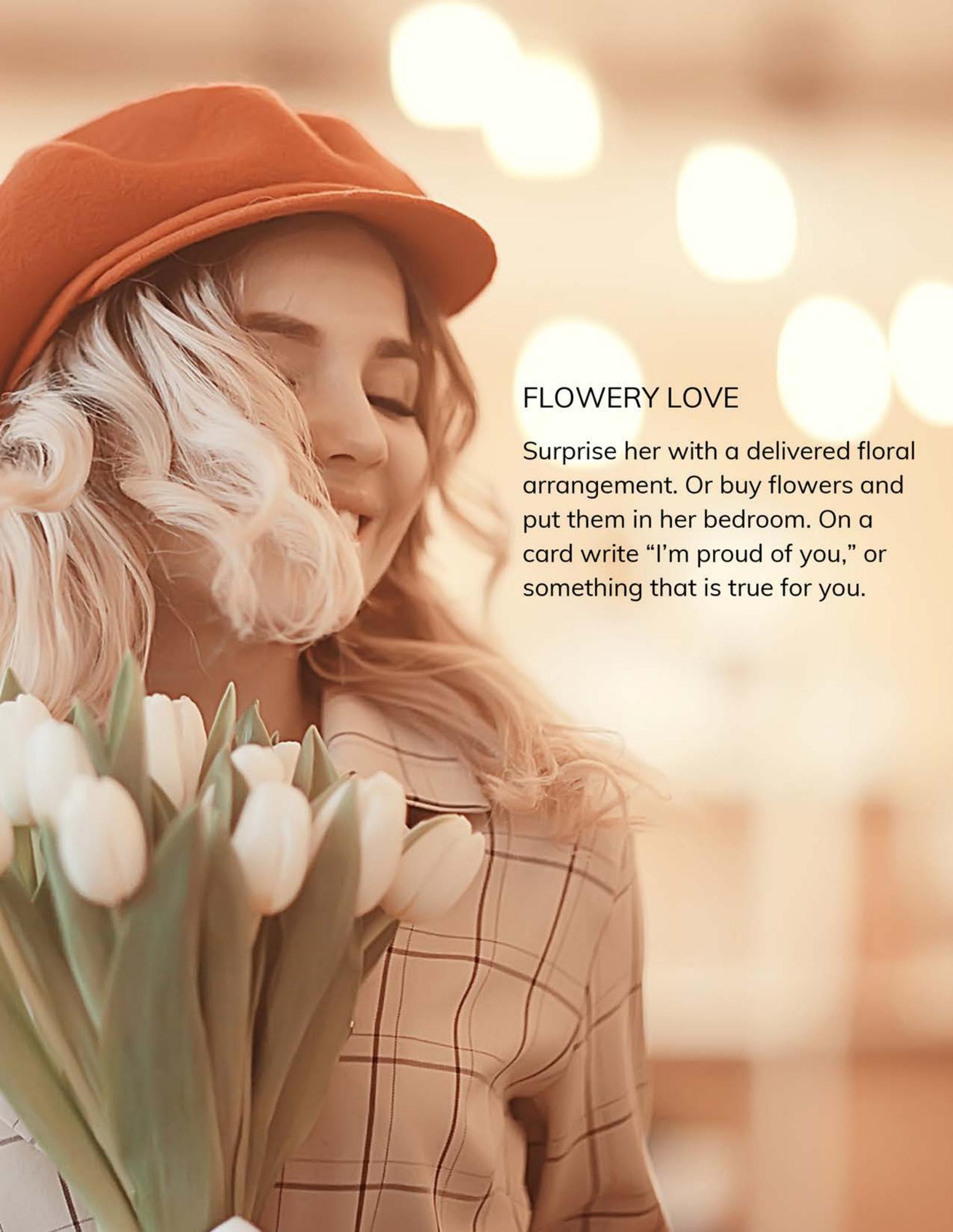
After any dinner, serve a special dessert of red velvet cupcakes, or strawberry ice cream with red berries. Use red napkins and a red tablecloth. Place red flowers on the table.





CREATIVE MESSAGE

Write your daughter a poem  
and frame it.  
Read it to her before  
giving it to her.



## FLOWERY LOVE

Surprise her with a delivered floral arrangement. Or buy flowers and put them in her bedroom. On a card write “I’m proud of you,” or something that is true for you.

## PERIOD PAMPER PACKAGE

Gift her with a package of self-care items, such as essential oils, bubble bath, heating pad, cramp-easing teas (such as ginger), and snuggly throw blanket.



## SPA DAY

Enjoy a Spa Day together at home with facial mask, foot bath, manicure, and special snacks (something you don't normally eat), while listening to a playlist of songs you both love. This can be designed for you and your daughter only, or a party with her friends – and even their moms.





## FULL MOON CEREMONY

Perform a simple ceremony under the moon. Light a candle. Burn a stick of incense. Say a prayer of gratitude for this amazing daughter. Speak to your daughter and share how proud of her you are and how confident you are that she's growing up to be a wise and gifted woman. Give her a simple memento, such as a crystal or special stone, bracelet, or flowers to remind her of that day. Invite her to share a dream about the future. Dance under the moonlight.

## CELEBRATE

Be it modest or elaborate, a first moon celebration can be deeply meaningful for a girl.

The suggestions in this booklet are fairly simple. If you envision a more elaborate affair with guests and ceremonial feel to celebrate your daughter, consider a Red Diamond Sisters First Moon Ceremony.

Based on the ceremony featured in the book *Red Diamond Sisters Club*, the Red Diamond Sisters ceremony includes activities and teachings to help a girl discover the magic within herself.

*The Red Diamond Sisters Club First Moon Ceremony Guide* is available at [RedDiamondSisters.com](http://RedDiamondSisters.com)



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