

FOR PARENTS OF GIRLS AGES 8-14

IS HER FIRST PERIOD



APPROACHING?

**Discover the 7 Common Signs Every Parent Should Know
Before Her First Period Begins**

Included in This Free Guide:

- ✓ **The 7 early signs to watch for**
- ✓ **Conversation starters that build confidence**
- ✓ **A simple first period kit checklist**

BrightSteps Press

Welcome!

Hi, I'm **Omolara Olawoore, BScN, RN**—a registered nurse, mom, and founder of **BrightSteps Press**, the publishing imprint of **BrightSteps Co.**

As both a healthcare professional and a parent, I know that puberty can bring just as many questions for parents as it does for their daughters. Many parents worry they'll say the wrong thing or miss the signs that their daughter's first period is approaching.

If you're reading this, you've already taken an important first step.

Your daughter doesn't need a perfect parent. She needs a prepared one.

Inside these pages, you'll discover:

- ✓ The 7 common signs her first period may be approaching
- ✓ Conversation starters that make talking about puberty feel natural
- ✓ A printable first period kit checklist to help her feel prepared

I hope that this guide helps you replace uncertainty with confidence and creates opportunities for meaningful conversations that strengthen your relationship.

I hope these pages help you create calm, open conversations and remind your daughter that growing up is something to embrace, not fear.

Let's get started.

Why Preparing Before Her First Period Matters

For many girls, a first period can feel exciting, confusing, embarrassing—or all three at once.

The difference often isn't when it happens.
It's whether she was prepared.

When parents begin conversations before a first period arrives, girls are more likely to:

- 🌸 Feel calm instead of frightened
- 🌸 Know that periods are a healthy part of growing up
- 🌸 Feel comfortable asking questions
- 🌸 Develop positive body confidence
- 🌸 Know exactly what to do if their period starts at school

The goal isn't to have one big "puberty talk."

It's to create many small conversations that build trust over time.

Every question she asks today becomes another reason she'll come to you tomorrow.

A Gentle Reminder

Every girl develops on her own timeline.

Some begin puberty earlier.

Some later.

Both are completely normal.

This guide isn't meant to predict an exact date.

It's simply here to help you recognize the signs so you can feel prepared when the time comes.

START HERE

So... Is Her First Period Approaching?

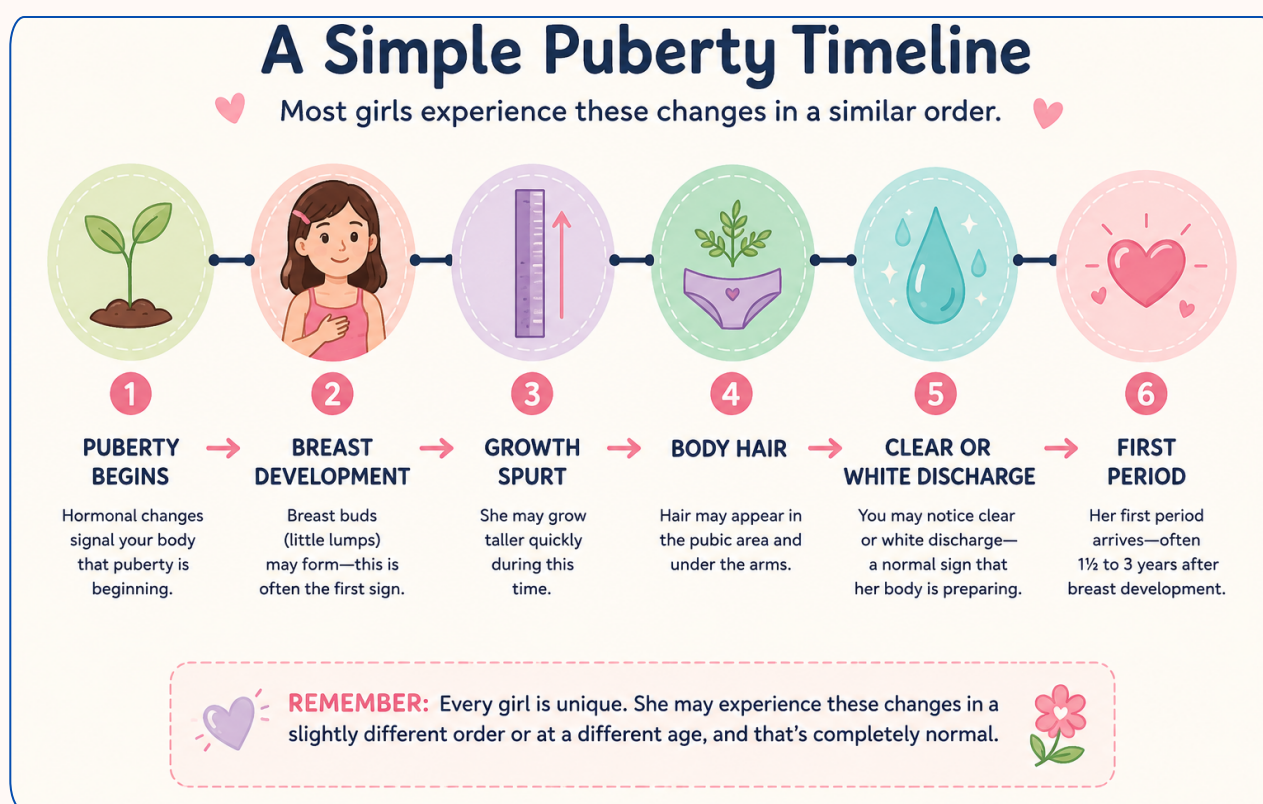
Maybe.

But here's something many parents don't realize:

A first period is usually the result of several body changes that happen over time—not something that appears without warning.

Those changes are called puberty, and they often begin 1½ to 3 years before a girl's first period. Most girls begin menstruation between ages 10 and 15, although the normal range is broader and timing varies by individual.

By learning to recognize the signs, you'll know when it's time to start preparing, answering questions, and helping your daughter feel confident about what's ahead.



💡 DID YOU KNOW?

Along the way, your daughter may also notice:

- A stronger body odor
- Oily skin or acne
- Bigger emotions and mood changes

These are also common signs that puberty is progressing normally.

Don't worry if your daughter's timeline looks a little different. Everybody develops at their own pace. The next seven signs will help you recognize where she may be on her journey.

1. BREAST DEVELOPMENT HAS BEGUN

The first visible sign of puberty for many girls.



WHAT YOU'LL NOTICE

- Breast buds feel like small, firm bumps underneath the nipples.
- One breast develops before the other.
- The area feels tender or sore.
- Your daughter becomes more aware of privacy when changing clothes.

DID YOU KNOW?

Breast budding begins **1½–3 years** before her first period. You have plenty of time to prepare together calmly.

 **Parent Tip:** Use bra questions or body updates as a natural opportunity to talk about puberty.

 **Conversation Starter:** "Growing up brings lots of changes, and some of them might feel new or even a little confusing. I want you to know that your body is growing exactly the way it's meant to, and you can always come to me with your questions—big or small."

2. SHE'S SUDDENLY GROWING MUCH FASTER

A major indicator that her body is actively preparing for its next phase.



WHAT YOU'LL NOTICE

- A rapid growth spurt before her first period.
- Pants becoming too short.
- Shoes no longer fitting.
- Increased appetite.
- Occasional growing pains.

DID YOU KNOW?

Many girls grow several inches right before their period, then growth slows down afterward.

 **Parent Tip:** Avoid comparing her growth timeline to peers. Every body follows its own perfect schedule.

 **Conversation Starter:** "I've noticed you've been growing so much lately! Your body is changing in amazing ways, and everyone grows at their own pace. Have you noticed any changes yourself or wondered about anything that's happening?"

3. PUBIC & UNDERARM HAIR GROWTH

A healthy sign that hormonal maturity is progressing perfectly.



WHAT YOU'LL NOTICE

- Soft hair gradually appears under the arms and in the pubic area.
- Over time it becomes darker and coarser.
- This is a completely normal part of puberty.



DID YOU KNOW?

Body hair changes appear because hormones are safely activating—it's a sign of a completely healthy body.



Parent Tip: This marks a great time to gracefully introduce body care and hygiene habits.



Conversation Starter: "One of the exciting parts of growing up is learning new ways to take care of your body. How about we create a simple morning routine together, like taking a shower, putting on deodorant when you need it, and changing into clean clothes?"



4. CLEAR OR WHITE VAGINAL DISCHARGE APPEARS

One of the closest and most reliable physical indicators of an approaching period.



WHAT YOU'LL NOTICE

- Small amounts of clear or whitish fluid on her underwear.
- A normal change called physiologic leukorrhea.
- Often signals her first period is getting closer.



DID YOU KNOW?

This discharge typically begins about **6–12 months before** the first menstrual period arrives.



Parent Tip: Reassure her that this is a sign her body is clean and healthy. Consider offering pantyliners.



Conversation Starter: "You might notice a little clear or white discharge in your underwear sometimes. That's completely normal and means your body is growing and getting ready for your first period. If you ever notice something new and aren't sure about it, you can always ask me."



5. BODY ODOR & SWEATING INCREASE

A natural shift as sweat glands become more active.



🧐 WHAT YOU'LL NOTICE

- Sweat glands become significantly more active.
- A new or stronger body odor, particularly under the arms.
- The sudden practical need for consistent daily deodorant use.



DID YOU KNOW?

During puberty, hormonal changes make sweat glands more active. When sweat mixes with the natural bacteria on the skin, it can create a stronger body odor, even before her first period begins.



Parent Tip: Focus on building simple, empowering self-care habits that make her feel clean and capable.



Conversation Starter: "As you're growing up, you may notice your body smells a little different after playing or being active. That's completely normal! Let's find a deodorant and a simple daily routine that helps you feel fresh and confident."



6. OILY SKIN & ACNE

Hormonal fluctuations changing the skin's composition.



🧐 WHAT YOU'LL NOTICE

- Hormones (androgens) stimulate the skin's sebaceous glands to produce more sebum (oil).
- The appearance of small breakouts, pimples, or blackheads on the face, back, or chest.



DID YOU KNOW?

Puberty breakouts are incredibly common and naturally settle down once cycles stabilize.



Parent Tip: Encourage gentle, nourishing face washing rather than harsh or aggressive scrubbing.



Conversation Starter: "You might notice a few pimples or changes in your skin as you grow. That's something almost everyone experiences during puberty. Let's find a gentle skincare routine that helps keep your skin healthy."

♥ 7. MOOD & EMOTIONAL CHANGES

Navigating internal landscapes along with physical changes.



👁️ WHAT YOU'LL NOTICE

- Rapid emotional shifts, sudden frustration, or periods of irritability.
- An increased desire for privacy, alone time, or pulling away socially on certain days.
- Heightened self-awareness regarding her physical appearance and peer dynamics.

💡 DID YOU KNOW?

The brain's emotional center grows faster than its logic center right now, making feelings feel giant!

💖 **Parent Tip:** Instead of fixing or dismissing, just validate. Feeling heard builds beautiful, unbreakable trust.

💬 **Conversation Starter:** "I've noticed you've been having some big feelings lately. Growing up can bring lots of new emotions, and that's completely normal. You never have to hide how you're feeling—I'm always here to listen, support you, and help you through it."



PARENT PAUSE

Take a gentle breath and reflect on these questions:

- ☐ Does my daughter know fundamentally what a period is?
- ☐ Would she know what to do or whom to ask if it started at school tomorrow?
- ☐ Have we explored period products (pads, period underwear) together yet?
- ☐ Does she know with absolute certainty she can come to me with any question?

If you answered "**Not Yet**" to any of these, don't worry! You are already taking an incredible first step by reading this guide today.

Remember. You don't need to host one daunting "Puberty Talk." The most meaningful conversations unfold in small, natural moments—during car rides, while folding laundry, or before bedtime.



MY FIRST PERIOD KIT CHECKLIST



Simple essentials to help your daughter feel prepared, confident, and ready.

Everyday Essentials

- ☐ **2–3 Pads**
Choose teen/slim or regular-size pads with wings for easy use.
- ☐ **Extra Underwear**
Pack one clean pair in case of sudden or unexpected leaks.
- ☐ **Small Wet Bag or Zip Pouch**
An opaque pouch for storing clean or used items completely discreetly.
- ☐ **Travel Pack of Wipes (Optional)**
Unscented, gentle wipes for freshening up on the go.

Comfort Items

- ☐ **Pain Relief Plan**
Talk about school protocol for cramps. Only pack meds if your child's school policies allow.
- ☐ **Heat Patch (Optional)**
A disposable, air-activated warming patch to soothe tummy cramps.
- ☐ **Healthy Snack**
A nutrition bar or crackers if she feels hungry or sudden low energy.
- ☐ **Reusable Water Bottle**
Staying properly hydrated naturally helps support overall well-being.

Hygiene Items

- ☐ **Travel-Size Deodorant**
To help her feel fresh and fully clean all day long.
- ☐ **Travel Pack of Tissues**
Always helpful to have tucked away in her kit.
- ☐ **Hand Sanitizer**
Perfect for quick hygiene before and after changing.

Confidence Boosters

- ☐ **Emergency Contact Card**
Include phone numbers of a trusted adult.
- ☐ **Positive Affirmation Card** 
Encouraging truths to remember:
 - "My body is growing exactly as it's meant to."
 - "I am prepared and confident."
 - "I am never alone."



Parent Reminder

The most important thing in her period kit isn't what's inside the pouch—it's knowing she can come to you with questions, reassurance, and unconditional support whenever she needs it.



BrightSteps Tip

Keep a mini version of this period kit inside her:

- Backpack
- Locker
- Dance Bag
- Sports Bag
- Overnight Bag



IF HER FIRST PERIOD STARTS TODAY



If Your Daughter Starts Her First Period Today...

First, take a deep breath.

Your calm response will help shape how she remembers this important milestone.

What to Do

✓ Reassure her that nothing is wrong.

Say:

"This is a normal part of growing up, and I'm so glad you told me."

- ✓ Help her put on a pad if she needs assistance.
- ✓ Give her clean underwear if necessary.
- ✓ Explain that bleeding may be light or heavy at first.
- ✓ Let her ask as many questions as she wants.
- ✓ Celebrate the milestone rather than treating it like an emergency.

What Not to Say

Avoid saying:

- ✗ "You're a woman now."
- ✗ "Don't tell anyone."
- ✗ "This is going to be terrible."
- ✗ "It's not a big deal."

Instead, remind her:

"Your body is healthy, strong, and growing exactly the way it's supposed to."



YOU'RE MORE PREPARED THAN YOU THINK



Before You Go...

Take a moment to celebrate something important.

By downloading this guide, you've already done something many parents never do:

You prepared before your daughter needed you.

That matters.

She may never remember every fact about puberty.

But she'll remember how safe she felt asking questions.

She'll remember that you listened.

She'll remember that you stayed calm.

And she'll remember that you were there.

Those moments build confidence that lasts far beyond her first period.

"Your daughter may not remember every single word you say. But she will always remember how safe, supported, and loved you made her feel."

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CONTINUE THE JOURNEY TOGETHER



This guide is just the beginning.

If you found these pages helpful, BrightSteps Press has created additional resources to support your family through every stage of puberty.

🌟 **First Period Starter Bundle (Digital Printable)**

Help your daughter feel totally prepared and zero percent anxious with beautifully designed worksheets and activities.

- ✓ Printable checklist
- ✓ Period kit guide
- ✓ Confidence activities
- ✓ Parent conversation prompts

[Get The Bundle Here](#)

📖 **First Period Journal (Guided Keepsake Journal)**

A heartfelt, beautifully guided journal to help young girls track changes, celebrate milestones, and build unwavering self-love.

- ✓ Reflection pages
- ✓ Mood & symptom trackers
- ✓ Confidence-building activities
- ✓ Period memory pages

[Get The Journal Here](#)

Because Confidence Begins With Preparation

Every conversation you have today helps your daughter feel more confident tomorrow.

Thank you for trusting BrightSteps Press to be part of your family's journey.

Let's Stay Connected

Parenting doesn't come with a manual—but you don't have to figure it out alone.

Thank you for spending time with BrightSteps Press.

We hope this guide has helped you feel a little more confident as you prepare your daughter for one of life's important milestones.

We're here to support you with trusted, evidence-informed resources, practical tips, and encouraging conversations—every step of the way.

Follow @brightstepscsco for:

- **Puberty tips made simple**
- **Conversation guides for parents**
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We'd Love to Hear From You

If this guide helped you, we'd love for you to:

- ♥ Share it with another parent.
- ♥ Follow BrightSteps on social media.
- ♥ Tag us when you use our resources.

Your support helps us create more tools that empower families.

With gratitude,

Omolara Olawoore, BScN, RN

Founder, BrightSteps Press

The publishing imprint of BrightSteps Co.

Helping parents raise confident kids—one conversation at a time.

REFERENCES & FURTHER READING

The information in this guide is based on guidance from trusted medical and public health organizations, as well as established research on normal pubertal development in girls.

Medical & Educational References

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A NOTE TO PARENTS

Every child develops at their own pace. The information in this guide is intended for educational purposes and describes common patterns of pubertal development. If you have concerns about your daughter's growth, puberty, or menstrual health, please consult your family physician, pediatrician, or another qualified healthcare professional.

BRIGHTSTEPS PROMISE

At BrightSteps Press, the publishing imprint of BrightSteps Co., we are committed to creating evidence-informed resources that help parents navigate childhood milestones with confidence, compassion, and practical guidance.

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