

5 WAYS TO PREP FOR PUBERTY POWER

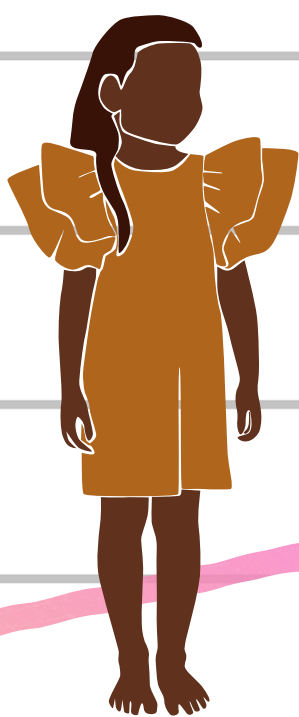
1. Let's Talk

Start the conversation. Listen more than talk. What does your Binti already know? What does your Binti want to know? What do you know? What do you want to know? If feelings make you nervous, start with the science. What is smell? What are hormones?



2. Body Scan

Invite your Binti to scan her body, identifying smells and looks. Ask her to identify any changes she notices (Be prepared: She may not notice what you notice). Make a list, discuss your observations, and then DANCE.



3. Share

Share a story about your early experience with puberty. Be sure that this story is informative and not wrapped in fear or negativity. Perhaps one where a "mama" (biological, teacher, aunt, etc.) supported you. If you cannot share your story, share a story that inspired you.



4. Journal

Encourage your Binti to start or continue journaling. She can get a special notebook just for this journey, or she can create a special place for her thoughts and questions in her current journal.

5. Chart

Puberty is a scientific and sacred season that requires patient observation. Track the moments of emotional, physical, or psychological change for your Binti. Patterns will emerge. And like a quilt, the patterns will provide some comfort and clarity. Use your calendar or download an example at thebinti.com.

