

# Your Daughter's Puberty Readiness



## Checklist

### A. Physical Changes

- ☐ Breast buds or tenderness
- ☐ First signs of pubic/armpit hair
- ☐ Growth spurt (track height every 6 months)
- ☐ Body odor (introduce deodorant)

### B. Emotional Prep

- ☐ Open conversations about body changes
- ☐ Books/resources about puberty for girls
- ☐ Plan for managing mood swings

### C. Hygiene & Products

- ☐ Gentle body wash for acne-prone skin
- ☐ Period kit (pads, period underwear, heating pad)
- ☐ Age-appropriate bras:
  - Tween Bras and First Sports Bras
  - Padded Seamless Training Bras for Teens



### D. Doctor Visits

- ☐ Schedule annual physicals with pediatrician
- ☐ Discuss early/delayed puberty concerns



Suyiyi

Empowering Confidence  
Through Every Stage