

# Top 5 Puberty Questions Your Daughter Might Ask

**Puberty questions are on every young girl's mind.**

Do your best to talk to her when she comes to you to talk. If you don't have time to talk at that moment, make sure you tell her that you're happy and grateful she came to you, and plan an alternative time to discuss. It's also ok to say, "I don't know. I'll find out and get back to you." You can talk to a doctor or research information, including [always.com](https://www.always.com), to help prepare your answers. Here are some of her top 5 puberty questions to get you started:

- 1 What is puberty?
- 2 What is a period and why do we have them?
- 3 When will I get my period?
- 4 Why do I feel really emotional?
- 5 Why do I feel unsure of myself?



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FOR  
PARENTS

# Always Changing & Growing Up

Supporting your daughter through puberty.

Your daughter's body is changing. You want to give her the support and confidence she needs. You don't have to do it alone.



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[Always.com](https://www.always.com)



Help prepare your daughter for many of her firsts NOW with coupon savings for best-selling products from Always®.

Help her be ready at school by providing her with daily pantyliner to wear and prepare a period emergency kit with her to include in her backpack that includes pads and extra underwear.



For more tips and advice, you can download the full Parents Guide on [pgschoolprograms.com](https://pgschoolprograms.com) or check out Always.com, Always's YouTube channel or Twitter.

## Help her stay confident

You can support her journey into adolescence by talking about it openly and being prepared with the facts. Review these ideas and resources to continue the conversation with confidence.

**Be Prepared:** Do some research and prepare your responses for questions she may have. Also, head to the store and determine what products may be right for her when she's ready. It might be helpful to have some ready for her.

**Be Genuine:** Keep your talks natural and have them often, so the lines of communication stay open as she ages. Share your own personal stories to make a connection. Visit **[always.com](https://always.com)** for additional tips and ideas for topics to discuss.

**Be Resourceful:** If your teen is looking for more information, have her watch BeingGirl's YouTube videos at [www.youtube.com/BeingGirl](https://www.youtube.com/BeingGirl). She can view "The Period Diaries" videos to understand her body and emotional changes, as well as prepare for her first period.

Always Radiant™ Teen pads give her the protection she needs and the security she'll love. With up to 8 hours of absorbency, these pads can last longer than a school day!

