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How to talk to your daughter about [her period]



My daughter chuckled nervously as the DVD from the [My First Period Kit](#) began with the image of Dr. Chrystal de Freitas facing a group of tweens and their moms. But within minutes we were both riveted.

Where else were we going to see a tampon inserted into a balloon? Or hear the questions other young girls have right from their own mouths? The video is funny in parts, but mainly what works is how warm and maternal the doctor is. She's definitely aware of how uncomfortable the subject can be and handles it with great finesse.

It turned out to be a terrific opportunity for my daughter and I to do some "girl bonding," right down to taking turns making jokes about what a beautiful butterfly she's becoming. If you've got your own girl on the verge of (gulp) womanhood, this is one smart way to get the conversation flowing. No pun intended. -Mir