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Watch it

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## **My First Period Kit & DVD by Dr. Chrystal de Freitas**

What it is: A DVD that tackles the possibly uncomfortable subjects of puberty, conception, sexual intercourse and menstruation. De Freitas is a pediatrician and mom and has presented her Healthy Chats for Girls seminars for 15 years. This DVD is one of those seminars. In it, she gathers a group of moms and daughters and presents information in a factual, mature yet non-scary way. The **kit** includes a short informational pamphlet for parents, a purple butterfly purse for storing pads, a rubber butterfly bracelet and a one-year Healthy Chats online subscription.

Why buy it: Even if you're the kind of parent who already feels comfortable talking with your child about these subjects, this DVD covers a lot of ground and will undoubtedly make your own conversations with your kid more valuable. (You'll learn stuff, too: For example, did you know that the average woman starts off with about 400,000 eggs?)

How much: \$19.95

Where to get it: [www.myfirstperiodkit.com](http://www.myfirstperiodkit.com) and [amazon.com](http://amazon.com)

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