



SEARCH ALL [go](#)

[All](#) [Local News](#) [Calendar](#) [Jobs](#) [More »](#)

SPONSORED BY:

[Click Here to learn more](#)

[HOME](#) [NEWS](#) [OBITS](#) [SPORTS](#) [DERBY](#) [MOMS](#) [NEIGHBORHOODS](#) [BUSINESS](#) [ENTERTAINMENT](#) [VELOCITY](#) [FEATURES](#) [BUY/SELL](#) [OPINION](#) [SERVICES](#)



Comment, blog & share photos

[Log in](#) | [Become a member](#)

POWERED BY YOU AND **The Courier-Journal**

GADGETS & GEAR

Talking points

BY LINDA STAHL • LSTAHL@COURIER-JOURNAL.COM • JUNE 19, 2008

[Post a Comment](#)

[Recommend](#)

[Print this page](#)

[E-mail this article](#)

SHARE THIS ARTICLE:

[Del.icio.us](#)

[Facebook](#)

[Digg](#)

[Reddit](#)

[Newsvine](#)

[What's this?](#)

Here's a new tool for initiating a traditional chat that takes place between mothers and daughters. It's the "My First Period Kit & DVD" from Healthy Chats, a 15-year-old San Diego-based company founded by a pediatrician and mother, Dr. Chrystal de Freitas.

ADVERTISEMENT

The DVD is designed for moms to view first and then share with daughters, ages 9 through 12. It helps mothers share information about physical changes, hygiene, female anatomy, body shapes, emotional changes, first periods, rest, fitness, diet, conception and birth.

"My First Period Kit & DVD" includes a 99-minute DVD, a parent guide, a quick reference card, a butterfly "pad" [purse](#), a butterfly wristband and a one-year subscription to online newsletters and e-mail access to de Freitas. The suggested retail price is \$19.95. The kit can be purchased at www.myfirstperiodkit.com and amazon.com.



RELATED ARTICLES

[Get a grip](#)

ADVERTISEMENT

Celebrations
Announce it in The Courier-Journal
• Weddings
• Engagements
• Anniversaries
• Births ... and more!

ADVERTISEMENT

Celebrations
Announce it in The Courier-Journal
• Weddings
• Engagements
• Anniversaries
• Births ... and more!