

## Stop Squirming - It's Called 'Men-stray-shun.'

As comfortable as I am talking about my own bodily functions since having children, I'm hoping that carries over to a constant conversation about my children's bodies with them. However, I know that lots of parents are uncomfortable starting that conversation with their kids - particularly their daughters - if it hasn't been a normal topic around the table. From breast buds & hair in strange places to mood swings and first periods, the changes that are brought about by puberty are vast.

No matter how comfortable or uncomfortable you are with talking about it, you and your daughter are sure to appreciate [My First Period Kit & DVD](#) from [Healthy Chats](#). While no DVD should be your child's sole education on the subject, this kit is a perfect starting point. She (and you) will hear the deets from an expert instead of the kids on the playground and you'll have a mutual knowledge base when you talk about

what's happening with her on any particular day. Based on 15 years of Dr. Chrystal de Freitas presenting mother-daughter seminars & designed for mothers and daughters to watch together, the DVD breaks the ice in a close to perfect way for conversations about anatomy, hygiene, periods & the use of the accompanying paraphernalia, emotional changes, conception & birth, values & principles and more.

The package includes the 99 minute DVD, a full colour parent guide and quick reference card, a bracelet and a "pad purse," plus a 1-year Healthy Chats online/interactive subscription with newsletters & email access to Dr. de Freitas.

