

A Modern Approach to that **Traditional Chat** between **Mother & Daughter***

HELP PREPARE YOUR PRE-TEEN GIRL FOR PUBERTY, PERIODS & MORE!

HealthyChats® presents...

My First Period Kit & DVD™

Includes...

- **99 minute DVD** to view with your 9-12 year old daughter. Featuring the age-appropriate *Healthy Chats for Girls™* sensitive-yet-fun seminar.
- **Bonus DVD Extra:** *The Birds and the Bees with Ease!*™
- **Detailed Parent Guide**
- **Handy Quick Reference Card**
- **1-year Healthy Chats online subscription**
- **Pretty Butterfly Pad Purse**
- **Fun Butterfly Bracelet**



Just
\$19.95
(+4.95 s & h)

* Designed for parents to share with their 9-12 year old girls

Learn more & view clips from the informative DVD at **MyFirstPeriodKit.com**

Share the Essentials of Puberty, Periods, Birth & Conception with Your Daughter... in the Comfort and Privacy of Home!

Since 1993, pediatrician, author, and mother, Dr. Chrystal de Freitas has presented her sensitive-yet-fun *Healthy Chats for Girls* seminar to thousands of moms and daughters. **My First Period Kit & DVD** includes all the age-appropriate information from her popular seminar, enabling you to capably review everything your tween girl needs to know!

WHAT MOMS ARE SAYING:

"The DVD did the job for me in a way that I most appreciate and with integrity. The doctor's discussions on how the body changes, what to expect, what to do, etc., were spoken with words any pre-teen would understand." – Shirley L.

"It helps to hear this information not only from me, but also from a female physician. That lends the info some credibility! Thanks for making it easy, special and normal!" – Karen G.

"I thought the demonstrations of how to use tampons and pads were great. I would not have thought of that at home. But how wonderful for the girls to actually see how products are used, instead of just hear about them." – Stephanie J.

"I know I could not have done a better job explaining things to my daughter. I even learned a few pointers for myself! Every mother should get this..." – Renee B.

A Word from Dr. de Freitas

I am delighted to present this helpful tool so that parents everywhere can provide **accurate, age-appropriate details** to their girls about puberty and growing up. The kit is intended for you to share with your daughter and **view the DVD together.**

Beyond puberty information, we have also included "birds and bees" material. You must decide if the time is right to discuss this with your daughter. Be sure to include your beliefs, morals and religious views to present this in a way that's right for your family.

It is up to you to **play an active role in your child's development** and make sure she has all the details she needs!

Wishing you healthy chats with your special girl now... and in the future,

Dr. Chrystal de Freitas

For more info or to purchase, visit: MyFirstPeriodKit.com

