

Title:

Puberty for Girls Is a Troubling Time: How Parents Can Help

Word Count:

486

Summary:

Although both girls and boys experience the hormonal changes associated with adolescence, pube

Keywords:

breast envy, puberty, family and relationships, child development, adolescence, student life

Article Body:

Virtually every parent experiences anxiety as his or her daughter approaches puberty. Although

Menstruation

Traditionally, the onset of menses has been a rite of passage for girls, signaling that they h

Breast Development

In many ways, breast development is more significant for girls than the start of menstruation.

Within the context of student life, a girl's breast development often defines her standing in

Perhaps even more significant, girls are subject to intense breast envy. Early developers may

Parental Roles in Self-Esteem

As mothers themselves can painfully recall, puberty for girls lays the foundation for a woman'

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