

# Help Your Child Deal With Social Changes In Puberty



1 Encourage open communication and support your child in expressing their concerns about puberty.

2 Educate them about healthy relationships and boundaries, including consent and communication.



3 Help them to manage their time and responsibilities.

4 Emphasize the importance of self-care and coping skills for stress and difficult emotions.



5 Encourage them to engage in sports or different activities to stay mentally healthy and physically fit.

6 Support your child in their passion and interest to help build healthy self-esteem and self-acceptance.

