

Talking to your children about puberty – Year 5 and 6

Please see below some useful links to information you may find helpful when talking to your child about puberty.

for Y5/Y6 Girls: https://nlandeducation.padlet.org/gill_finch2/puberty



[Talking to your children about puberty: periods](https://nlandeducation.padlet.org/gill_finch2/puberty)

Schools have been closed during the term when this important subject would have been taught and discussed and children would have had a chance to ask questions. Many children are curious, sometimes even anxious about puberty, and would really appreciate being able to ask questions and understand their changing body. Here are some great online resources for to use at home to help your child to understand more about periods.

nlandeducation.padlet.org

for Y5/Y6 Boys: https://nlandeducation.padlet.org/gill_finch2/boys