

ROSEWOOD



woman

HOW TO TALK TO
YOUR DAUGHTER
ABOUT HER

Period.

PERIOD.

Your relationship with your own cycle and womb are her best resource. Show her how you are connected to your body and how you honor its sacredness.

The biggest thing women are lacking today is innate biological wisdom from previous generations. If you can begin to rebuild that you will have started her with an incredible step up.

Show her the wisdom her body already has and how to listen to it - it doesn't have to be about her period or these changes if she's uncomfortable about it - just ask her questions throughout the month to help her cultivate awareness around her cycle and she'll tap in.

You can show her the beauty of being a cyclical being who has creative life force energy in her womb that empowers her to create anything she desires in life.

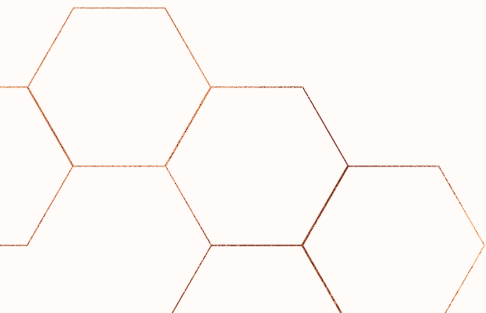
If she's close to starting her period you can ask her what types of emotions she's feeling and explain to her how the veil between the subconscious mind and conscious mind is really thin just before her period because her mind goes through a process of releasing emotions and cleansing just like her body is about to do.

Tell her it's okay to have big emotions come up and get curious about them with her.

So many girls are scared of this transition because it's been demonized and taught as dirty, painful, and shameful.

Historically women would gather in red tents or moon lodges to bleed and young girls would be initiated into those ceremonies around puberty and would be taught the traditions and rituals to honor their bodies from the older women in the community.

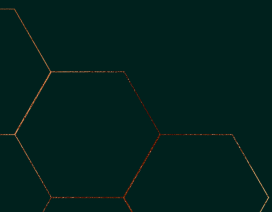
Other books are incredible resources but you are her best guide.



Talk about it

1. Help her explore different phases of her cycle: "Do you feel like you have more energy this week?", "Have you noticed any big emotions that have consistently showed up the past couple of months?", "Do you feel like those emotions come back around the same time each month?"
2. "How does your body feel today?"
3. "What do you feel like your body needs?"
4. Do some research together about moon lodges and red tents in indigenous cultures
5. Help her period be a time when she rests - buy her favorite comfort food, encourage her to take a chill day (if this means watching movies that works too! Just anything to help her see how she feels when she rests)
6. Teach her what her body does in different phases- help her just notice small changes. (Example: show her how her skin is plumper when her body is getting ready to ovulate)

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Let's review the 4 phases you experience during your menstrual cycle:

Phase 1: Menstrual

The first day of your bleed is considered "day 1" of your cycle and carries a winter-like energy. Low hormones mean you are going to have a more internal energy that asks you to reflect and alchemize things that no longer serve you and release them along with your blood. This phase lasts around 1-5 days (each woman is different).

Phase 2: Follicular

Here comes the sun again! And by sun, I mean energy. You're in a spring-like energy as your hormones begin to rise and you venture out from your hibernation. You may have bursts of ideas and be more energized and excited to connect with the outside world again. This phase lasts around 7-10 days.

Phase 3: Ovulatory

Your hormones are peaking and you are positively magnetic. This phase carries an inner-summer energy of life force fullness. This phase lasts approximately 3-5 days.

Phase 4: Luteal

This fourth and final phase prepares you to wrap up any projects and prepare to rest for your upcoming winter. You may feel your energy draw back in and desire to focus on more detail-oriented projects. This phase carries a fall-like energy of slowing down and savoring the moment and lasts 10-14 days.

Resources

Bright Girl Health

Dr. Jolene Brighton

Taking Charge Of Your Fertility.

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Help her add ritual to her cycle. She could try;

- a. Creating an ovulation playlist and a bleeding playlist (She may be more drawn to upbeat and fun music during ovulation and then more moody or calming music during her bleed.)
- b. A specific moon cycle sketching/ doodling/ painting sessions
- c. Clothes that she wears that make her feel good or comfy according to her phase
- d. Have particular teas that she drinks at different times
- e. Have walks or activities that she always does in her different phases

