

PARENTING THROUGH MIDDLE SCHOOL

By Shelly D. Mahon, M.S.
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Puberty Chart for Girls

AGE RANGE	AVERAGE AGE	DESCRIPTION
8—11	8—11	Internal Changes: Girls begin puberty between 8 and 13 years of age. Your teen's body will change inside, even if it doesn't really look like it on the outside. At this age, girls' ovaries are getting bigger and their bodies are producing hormones.
10—16	10	Height: Your daughter will gain roughly 17%-18% of her adult height around this time. Her limbs will grow first, followed by the trunk of her body. Expect her to feel a little lanky and awkward at times. Weight: Your young teen will experience an increase in fat around her arms, legs, back, and around her hips. Her waist will probably seem thinner. Overall, she will gain around 15-55 pounds during puberty.
8—14	11—12	<ul style="list-style-type: none">• The appearance of breast buds is often the first sign of puberty in girls. Schedule a fun day at the mall for training bras and do your best not to embarrass her.• Sometimes you will notice thin leg and underarm hair first. Encourage her to wait to shave. She has her whole life to do it! When its time, show her how to do it safely.• She will grow around 3 inches per year during this time.
9—15	12—13	<ul style="list-style-type: none">• Girls get a small discharge. This is how the body cleans itself.• Your daughter will continue to develop breasts and grow pubic hair. Pubic hair will become thicker, darker, curser, and curlier.• Your teen will grow around 3 inches per year, often reaching her peak height by the end of this stage.• The average age of menstruation is about 12. Usually girls get their period two years after they start developing breast buds.
10—16	13—14	<ul style="list-style-type: none">• Breasts will continue to grow and begin to take more shape.• Girls will have adult like pubic hair and more underarm hair.• Gains in height will begin to slow down.• Your daughter will begin ovulating but it can take years for some girls to be on a regular monthly schedule.
12—19	14—16	<ul style="list-style-type: none">• Your daughter is physically an adult.• Her menstrual cycle is usually established by this time.• Ovulation happens on a monthly basis.• While increases in fat slow down around 16 years of age, girls can continue to experience a small increase in body fat into their 20's.

Parenting Through Middle School is a short, easy-to-use tool kit for parents with middle school aged children. We use helpful video clips, audio interviews, focused articles and downloadable tools so you, as parents, can learn what to expect, what you need to know, and how you can best support your changing child.

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Puberty Chart for Boys

AGE RANGE	AVERAGE AGE	DESCRIPTION
9—12	10	Internal Changes: Boys begin puberty between 9 and 14 years of age. Your son will probably experience a sizable growth spurt toward the end of this stage. This is one of the first indications of things to come! Boys will also experience growth in their testicles and an influx of hormones.
12—16	12	Height: Your son will start growing roughly two years after the girls his age. During this time, he will gain around 4-12 inches. You will see the biggest changes in his trunk, hands, and feet. These changes will probably make your teen feel pretty clumsy at times! Weight: Boys gain muscle instead of fat. Shoulders broaden and muscles get stronger. They will have an increase of about 15–65 pounds.
9—15	11—12	<ul style="list-style-type: none"> Your son will notice growth in his testes and scrotum. This will be one of the first outward signs of puberty. Since these changes will be less noticeable to you as a parent, you will have to keep your eye out for other changes. Your son will notice a little bit of pubic hair. His body fat will begin to decrease, but his height will not change all that much. He will experience an increase in muscle mass. This is a good way for parents to recognize that puberty is underway!
11—17	13—14	<ul style="list-style-type: none"> Your son will continue to experience growth of the penis/testes. Pubic hair will be thicker and curlier. Your son may develop some breast tissue. Don't worry, though; it will go away. Your young teen will experience growth spurts that result in about three inches per year.
11—17	14—15	<ul style="list-style-type: none"> You will notice that your son's voice is cracking! Acne often makes its first real appearance. Your son will grow lots hair! You will see an increase in leg, under arm, and facial hair. Show him to shave safely. Your young teen will continue to grow in the penis and glands. By this time, his public hair will be similar to that of an adult.
14—18	16	<ul style="list-style-type: none"> Your son is physically an adult. His growth will begin to decelerate or stop completely. Your son will continue to experience an increase in muscle mass after this stage is complete. Many boys reach their peak ratio of fat and muscle between 19 and 21 years of age.

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