A photograph of a woman and a young girl sitting together, looking at a laptop screen. The woman is on the left, wearing a white shirt, and the girl is on the right, wearing a white top. Both are smiling and looking towards the right side of the frame. The background is a soft, out-of-focus indoor setting.

MOTHERS OF (PRE)TEENS

ONLINE COURSE

MOTHERS OF PRE-TEENS CURRICULUM OVERVIEW

BY NATURAL WOMANHOOD



Mothers of Pre-Teens Curriculum Overview

Below is an outline of the Mothers of (Pre)Teens video series, with a brief description of what each video covers. Following the videos list, you will find the course's PDF guides list, including a brief description of each.

Video 1: What happens to you at puberty?

A review of the specific changes that happen at puberty, and the sequence in which they happen. This video covers external changes such as breast development and hair growth, as well as changes like cycle development, including periods and cervical fluid.

Video 2: The 'Why' of puberty

A thorough explanation of the purpose of each of these changes, and how they point to the potential every woman has of becoming a mother.

Video 3: How we're made as women

A description of the anatomy of the female body: internal and external organs and their functions, such as ovaries, the uterus, and the vagina. We use scientifically accurate terminology when naming each body part and age-appropriate language to describe what each part does.



Video 4: The story of ovulation

A positive description of the process of ovulation as the central event of the cycle. We discuss how ovulation is essential to the continuation of all human life, and how ovulation leads to hormone production that impacts other areas of the body and general health.

Video 5: The four-season symphony of the cycle

Bringing it all together: a walk through the various phases of the cycle and how a healthy cycle is the result of a delicate interplay between balanced hormones, reproductive organs, and the brain.

Video 6: Tracking your own signs

A general introduction to what charting menstrual cycles is, and how charting can benefit a young teen. We provide a simple paper tool to start charting and explain how to use it.

Video 7: The way you feel and why

A much-needed explanation of the physical and emotional changes that can happen over the course of each cycle. We discuss how these changes are caused by the normal cyclic variation in hormones, with the purpose of preparing girls for these experiences and showing them they're not alone.

Video 8: Tuning the body like the orchestra (what's normal or not)

A primer on lifestyle options that will improve or worsen the experience of menstrual cycles, as well as clear explanations of what is normal, and what is not (and may require medical support).



Video 9: Practical tips to manage your periods

A more thorough description of what to expect with periods and how to be prepared for them.

Video 10: Closing thoughts

A message of inspiration to girls about their bodies and their unique powers as women, and how to continue to build confidence in and knowledge of their wonderfully made, distinctly female bodies.

Our PDF Guides

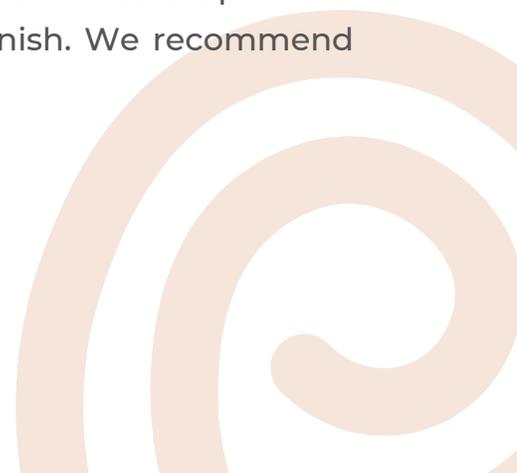
Each PDF Guide is beautifully designed and illustrated to make reading easy and engaging for moms and daughters.

A Step-by-Step guide to the Mothers of (Pre)Teens course

Many moms asked us how to get started and how to manage their time during this course. That's what the Step-by-Step guide does! This guide starts with your preparation as a mom, helps you plan, and then connects each video with the corresponding part of the various pdf guides. The Step-by-Step guide also provides questions you can use with your daughter for discussions throughout the course.

Guide to the Science of Fertility

This guide is a companion to the course videos. It provides more detailed descriptions for each area we cover, such as: puberty changes, the relevant parts of the female body, the various hormones and their effects upon the female body, and the events of the cycle from start to finish. We recommend using this guide as a reference when questions come up.



Guide to Managing Periods

This guide is intended to help prepare your daughter to manage the natural discomfort of periods. It includes:

- What a “normal” period experience should look and feel like
- What an “abnormal” period experience may look and feel like
- How you can prepare for and manage your period

Guide to Seeing a Doctor

As many teens experience cycle dysfunctions, it is important to know your options as a mom and find the right care for your daughter. This guide shows different medical approaches, with a focus on the ones that aim to restore a good cycle by treating root causes. It includes:

- When you should see a doctor
- When you go/how to prepare for your visit
- Different approaches to managing issues with periods
- Who should be on your “period care team”



Who created the program?

Here is the team behind the content of this program:

Jackie Aguilar, Director of Education at Natural Womanhood. Jackie is a licensed fertility awareness instructor in two methods, and the mom of four daughters.

Grace Emily Stark, Editor at Natural Womanhood. She holds a M.A. in Bioethics & Health Policy from Loyola University Chicago and a B.S. in Healthcare Management & Policy from Georgetown University. She's also a certified teacher of the sympto-thermal method, and mom of three (with another on the way).

Gerard Migeon, CEO and co-founder of Natural Womanhood. Gerard's background includes 30 years of branding, marketing management, healthcare and non-profit marketing as well as marketing research.

The course video scripts were reviewed by:

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mothersofpreteens.mykajabi.com 

Natural Womanhood is a San Antonio-based non-profit organization 501c3 founded in 2012. Natural Womanhood (NW) exists because all women can learn to claim their natural fertility as beautiful, powerful and healthy.

To learn more, go to Naturalwomanhood.org.

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