

Puberty Part 1: Preparing for Periods

May 21, 2025

1:30-2:30pm MDT

Caregivers will learn how to support their child through the physical and emotional changes related to periods. This is the first session of a 2-part webinar series. They will learn about timelines, tracking, common symptoms, and how to plan ahead.

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- How to support your child through the physical and emotional changes related to periods
- Timelines, tracking, common symptoms, and how to plan ahead
- What to watch for and when to get more help for your child

Speakers:

Melany Duffin is an Occupational Therapist with AHS Pediatric Rehabilitation. She has worked in the USA, Scotland and Alberta. She has been working with children for the past 25 years.

Liz Mathew is an Occupational Therapist with AHS Pediatric Rehabilitation. She has worked in several countries and Alberta in a variety of settings. She has been working with children and families for 40 years.



Target Audience: This webinar is intended for parents and caregivers of children 8 to 18 years. Your child may or may not have started their period yet.

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22099>

To access this session from zoom:
<https://fntn.zoom.us/j/86936033231>
Meeting ID: 869 3603 3231
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To access this session from an *audio line*:
1-587-328-1099
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