



Recipe for a successful Healthy Chats Course

INGREDIENTS

1. Mother/aunt/grandma
2. A liner/pad/tampon
3. A panty
4. 2 hours of special time
5. Family photos
6. A special pouch

PREPARATION:

- Before starting have some special time with your daughter. Do something fun like in home pedicure/manicure.
- Let her know what you both will be reviewing.
- Gather yourself in a private places.

TIPS

Many mothers will like to review the information first so they know beforehand what to expect.



Ready time: 2 hours

Serves: mother and tween

Calories: tons of love

SHARE!

