

TIVA

Hey, What's Happening To My Body?

For the Pre-Puberty Years (Ages 8–12)

**Understanding the little changes that
come before the big ones.**



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**Brought to you by TIVA – Growing up
with confidence.**



A Note From Team TIVA

Puberty can feel like a big, scary word—but it doesn't have to be.

For many girls, changes in their body and emotions begin much earlier than we expect—sometimes as early as age 8. That's why we created this guide: to help **girls and their moms understand these changes together**, in a way that's honest, kind, and empowering.

At TIVA, we believe that **growing up should be celebrated**, not feared. This isn't just a guide about periods—it's about every small shift that signals your body is getting ready for new adventures. Whether it's a little more sweat, a little more emotion, or a few new hair strands, we're here to help you say, *"That's normal. I've got this."*



**Ready to start?
Let's go, together.**

**With Love,
Sonam Daruka & Shweta Sinha
Founders, TIVA**



What is Puberty? When Does it Start?

FOR GIRLS



Puberty is your body's way of growing from a child into a young adult. It's not one big moment—it's a series of small changes that happen over time.

You might feel different in your skin, notice some body parts growing, or feel more emotional than usual. That's because your body is slowly getting ready for things like periods, breasts, and more independence.

Some girls start noticing these changes at **8 or 9**, and others later. Everyone has their own timeline—and **there's no "right" time** to start growing up.

FOR MOMS



Puberty onset is shifting earlier, especially in urban India, with signs like body odour, oily skin, and emotional fluctuations starting well before menstruation.

Instead of waiting for the "period talk," use this phase to start **gentle, regular conversations** about changes, hygiene, and body positivity.



First Signs – What You Might Notice

Your body is whispering, “I’m changing.” Here’s how.



Change	What It Means	What You Can Do
Oily Face	Your skin is producing more oil due to hormone shifts.	Wash gently twice a day with a mild face wash.
Body Odour	Sweat glands (especially underarms) are becoming active.	Daily baths + using a light deodorant helps.
Frizzy/ Thicker Hair	Hair texture may shift due to hormonal changes.	Use a gentle conditioner. Avoid harsh brushing.
Acne/Pimples	Oil + clogged pores can lead to breakouts.	Keep your face clean. Don’t pick pimples!



You are not “dirty” or “weird.” Your body is just figuring out how to balance things - kind of like learning a new dance.



Mood Swings & Emotional Ups and Downs



FOR GIRLS

One moment you're laughing, and the next you feel like crying? That's okay.

During puberty, hormones affect not just your body, but your feelings too. You might feel more sensitive, moody, or even confused about what you're feeling.

You are not "too much"— **you are growing.**

FOR MOMS

Emotional changes can look like:

- **Frequent irritability or withdrawal**
- **Increased sensitivity to body image**
- **Sudden confidence dips**

Tips to Support Her:

- **Name the feeling without judgment.** "That sounds frustrating."
- **Validate, don't fix.** "It's okay to feel like that."
- **Encourage expression:** talking, drawing, journaling.



Write down 3 things you felt today. Can you name them?



Physical Changes You'll Start Seeing

Puberty doesn't just happen on the outside. Some parts of your body will start to grow and change shape. These changes are **NORMAL** and **BEAUTIFUL**.

BREAST BUDS

Small lumps under the nipple, sometimes sore or uneven

HAIR GROWTH

Underarms, legs, and pubic areas - just soft and light at first

GROWTH SPURTS

You might get taller very quickly!

PERIOD PREP

Periods don't usually start immediately—these changes come first.

My body is growing at its own pace, and I trust it.



Talk about breast development early so she doesn't feel scared when it starts. Consider training bras when she asks.



Building a Self-Care Routine



DAILY BATH, ESPECIALLY UNDERARMS



FACE WASH (MORNING + NIGHT)



CLEAN UNDERWEAR EVERY DAY



HAIR CARE (BRUSHING, TYING UP, OILING)



NAIL TRIMMING



USING NON ALCOHOLIC PERFUMES (IF NEEDED)

TIVA products are made to support these small changes - our body wash, lotion, and face care range are formulated just for pre-teens.





How Moms Can Make This Easier

5 Ways to Build Trust and Comfort:

1. Talk Early & Often

“Remember how your body is starting to change? That’s totally normal.”

2. Use Real Words

Avoid “shame names” for body parts—use the right terms.

3. No Big Sit-Down Talks

Weave conversations into daily routines (bath time, shopping, dressing)

4. Listen Without Panic

If she says, “I have hair down there,” respond with calmness, not drama.

5. Model Confidence

Speak kindly about your own body. She’s watching.



Conversation starter: “Do you ever notice changes in your body that feel new or weird?”



You're Growing, and That's Amazing



FOR GIRLS

You are strong. You are smart. Your body is doing an amazing job—just the way it's supposed to.

Celebrate the small wins: washing your face regularly, asking questions, learning something new about your body.

Growing up isn't a race. It's your own adventure.

"I trust my body"

**"I take care of myself
with love."**

**"I'm proud of who I'm
becoming."**

**"I take care of myself
because I'm worth it."**



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