



Mom-Daughter Conversation Starters

For the Pre-Puberty Years (Ages 8–12)

A guide to open conversations about growing up, changes, feelings & everything in between.



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Brought to you by TIVA – because growing up is easier when we talk about it.



Why These Conversations Matter

Between the ages of 8 and 12, **your daughter is growing fast**—not just in height, but in emotions, confidence, and independence.

This guide is designed to help you **open up safe, easy, and non-awkward conversations about topics she may be wondering about**—but unsure how to ask.

From **changes in her body to friendships, moods, and confidence**, these prompts are here to support connection over correction.

Use them during bedtime, car rides, weekend walks—or any quiet moment. What matters most is showing up with **curiosity, warmth, and no judgment.**

With Love,
Sonam Daruka & Shweta Sinha
Founders, TIVA





How to Use This Guide

1

Choose just 1–2 prompts at a time. Don't rush.

2

Let your daughter take the lead—if she wants to go deep, follow her. If she wants to skip it, try again another day.

3

Avoid giving advice right away. Just listen, ask questions, and validate her.

4

Most importantly: stay calm, open, and available. You're not solving problems—you're building trust.



The goal is to have conversations, not lectures.



Let's Talk About... BODY CHANGES



HAVE YOU NOTICED ANY CHANGES IN YOUR BODY RECENTLY THAT SURPRISED YOU?

IS THERE ANYTHING YOU'RE CURIOUS OR UNSURE ABOUT WHEN IT COMES TO GROWING UP?

WHAT'S SOMETHING YOU'VE HEARD FROM FRIENDS ABOUT PUBERTY? DO YOU THINK IT'S TRUE?

WHAT KIND OF PERSONAL CARE THINGS WOULD YOU LIKE TO TRY—FACE WASH, DEODORANT, BODY LOTION?



Tip for Moms: Keep it light! You don't have to explain everything in one go. Small talks build comfort.



Let's Talk About...

MOODS & FEELINGS

**WHAT DO YOU USUALLY
DO WHEN YOU FEEL
UPSET OR FRUSTRATED?**

**ARE THERE TIMES YOU
FEEL LIKE CRYING AND
DON'T KNOW WHY?**

**WHAT HELPS YOU CALM
DOWN WHEN YOU FEEL
OVERWHELMED?**

**DO YOU EVER FEEL
DIFFERENT EMOTIONS AT
THE SAME TIME?**



Share your own stories—"I remember crying over silly things when I was your age too!"



Let's Talk About... FRIENDSHIPS



**WHO MAKES YOU FEEL
REALLY GOOD WHEN
YOU'RE AROUND THEM?**

**HAS THERE BEEN A TIME
WHEN A FRIEND HURT
YOUR FEELINGS?**

**DO YOU EVER FEEL LEFT OUT
AT SCHOOL OR IN YOUR
GROUP?**

**WHAT DO YOU THINK MAKES
A GOOD FRIEND?**



Gentle Reminder: Your daughter may be navigating new social dynamics. Let her vent—don't jump to solutions.



Let's Talk About...

CONFIDENCE & DECISIONS

**WHEN WAS THE LAST
TIME YOU FELT REALLY
PROUD OF YOURSELF?**

**WHAT'S SOMETHING YOU
WANT TO TRY BUT
HAVEN'T YET?**

**HAVE YOU EVER MADE A
DECISION THAT DIDN'T GO
WELL? WHAT DID YOU
LEARN?**

**IF SOMEONE TEASES YOU,
HOW DO YOU USUALLY
RESPOND?**



Praise effort, not outcomes. Let her feel seen for trying—not just for winning.



Let's Talk About...

SOCIAL MEDIA & SCREENS



**WHAT DO YOU LIKE
WATCHING ONLINE THESE
DAYS?**

**HAVE YOU SEEN
ANYTHING ONLINE THAT
MADE YOU FEEL WEIRD
OR CONFUSED?**

**IF SOMEONE SENDS A
MESSAGE THAT MAKES YOU
UNCOMFORTABLE, WHAT
WOULD YOU DO?**

**HOW DO YOU FEEL AFTER
SPENDING A LOT OF TIME ON
A SCREEN?**



Even if she's not active on social media yet, this is a good time to build awareness and safety habits.



Let's Talk About... PERIODS (GENTLY)

**HAVE YOU LEARNED
ANYTHING ABOUT
PERIODS IN SCHOOL OR
FROM FRIENDS?**

**WOULD YOU LIKE ME TO
SHOW YOU WHAT A PAD
LOOKS LIKE?**

**DO YOU WANT TO BE
PREPARED FOR YOUR FIRST
PERIOD BEFORE IT
HAPPENS?**

**ARE THERE ANY QUESTIONS
YOU'RE TOO SHY TO ASK
ABOUT PERIODS?**



Mom-to-Mom: Make this talk normal, not dramatic. Try showing a period kit together.



When She Asks You Something Awkward...

Mom, what if I ask you something weird?

TIPS FOR MOTHERS

**Take a breath. You don't
need to have all the
answers immediately.**

**Say: "That's a great
question. I'm glad you
asked me."**

**Be honest: "I didn't
know that at your age
either."**

**Keep it short and age-
appropriate. Let her
guide the depth.**



**Let your daughter know: "No question is ever too silly or
embarrassing in this house."**



Final Page – You’ve Got This, Mom & Girl!


This journey you’re on is more than just conversations — **it’s about building trust, understanding, and memories that will stay with both of you forever.** Every question she asks, every moment you spend listening, and every giggle you share is shaping her confidence and her sense of self.

Some days, she’ll open up easily. Other days, **she might shrug, give you one-word answers, or seem distracted.** That’s okay. Even when it feels like she isn’t listening, your presence and reassurance are leaving an imprint.

Remember:

- **Small talks matter** – those 5-minute chats before bedtime or during a car ride can mean more than a “big talk.”
- **Stay curious, not judgmental** – she needs a safe space to explore her thoughts and feelings without fear.
- **Celebrate her wins** – whether it’s trying a new hobby, making a new friend, or simply asking you a brave question.

Most importantly, know that **you don’t have to be perfect.** You just have to be there. **Your love, patience, and willingness to listen are exactly what she needs to grow into a confident, happy young woman.**

You’re not just her mom. You’re her role model, cheerleader, and safe place. And together — you’ve absolutely got this. 



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For any questions on the Topic, reach out to us at



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