

YOUR GUIDE FROM PREGNANCY TO TEENAGE HEALTH



celebrating

20
YEARS

Healthy Kids' Guide 2021



Guardian
Let's talk about you

Welcome to our 20th anniversary edition!

Here at Guardian Pharmacy, we understand that every stage of the parenting journey brings its own questions and challenges. That's why we're so thrilled to share our extra-special 20th anniversary edition of the Guardian Angel Healthy Kids' Guide!

Developed in conjunction with our Guardian pharmacists, this comprehensive guide provides helpful, trustworthy information – whether you're ready to start a family or you have a tribe of teenagers at home.

From prenatal care all the way to preparing for high school, you'll find a wealth of handy tips to guide you through every stage of your parenting experience.

Stay healthy and happy,

Guardian Pharmacy



Contents

PREGNANCY & BABY

- 05... Nutrition & supplements
- 06... Quit the habit
- 07... Whooping cough
- 09... Nappy bag checklist

TODDLER

- 14... Chickenpox
- 15... Dental hygiene
- 16... Ear infections
- 17... Hand, foot and mouth

CHILDREN

- 20... Preparing your kids for school
- 21... Allergies and hay fever
- 24... Flu
- 26... Head lice
- 28... Gastro

PRE-TEEN & TEEN

- 30... Acne
- 31... Puberty



Pregnancy & Baby

PREGNANCY & BABY Nutrition & supplements

To keep mum and bub in glowing health, consuming a variety of nutritious (and delicious) food alongside adequate physical activity plays a vital role.

Eat

Vegetables, legumes/beans and fruit: a variety is important to provide vitamins and minerals as well as fibre to help digestion and prevent constipation. Aim for 5 servings from the vegetables/legumes group and 2 servings of fruit per day.¹

Grain foods: valuable source of iron, zinc and fibre.

Lean meats, poultry, fish, eggs, tofu, nuts and legumes/beans: good source of protein, iron and zinc. Iron, calcium and vitamin B12 are mostly derived from animal sources, so carefully consider plant-based replacements.

Milk, yoghurt and cheese and/or their alternatives: good sources of calcium.

Water: increase consumption to cater for the expanding extracellular fluid space. If your trips to the bathroom are frequent and your urine is pale or colourless, your water intake is on track.

Move

Daily movement is recommended to accumulate 150–300 minutes of moderate-intensity physical activity each week. Remember to consult your health professional before any rigorous physical activity.

Supplement

Evidence suggests that routine supplementation can be extremely beneficial during preconception, pregnancy and while breastfeeding.² Speak with your doctor or Guardian pharmacist about what supplements may be beneficial for you.

This is general advice. Follow the guidance of your healthcare professionals.



1. pregnancybirthbaby.org.au/healthy-diet-during-pregnancy

2. health.gov.au/resources/pregnancy-care-guidelines/part-c-lifestyle-considerations/nutrition-and-physical-activity

PREGNANCY & BABY

Quit the habit



Cigarette smoking can not only affect fertility but also harm the baby in pregnancy. We understand that habits can be hard to break, so here are some helpful ways to embark on a healthier lifestyle.

Gentle exercise

Swimming, walking and supervised yoga can work wonders for the body when adjusting to life without cigarettes and other substances.

Do it together

Encourage your partner, family and household members to come on the journey with you. If this isn't viable, having them smoke outside and away from you is highly recommended.

Nicotine Replacement Therapy (NRT)

Some NRT products are appropriate to use whilst pregnant.¹ Although safer than smoking, we recommend you discuss the risks and benefits with your doctor or Guardian pharmacist before using them.²

Our pharmacists can help you kick the habit with a personalised Quit Smoking Consultation. For a customised plan and ongoing support, talk to your Guardian pharmacist or book online at www.guardianpharmacies.com.au/bookings



GRACE'S TIP!

Handy tips to fight the urge:

1. Give yourself at least five minutes for the urge to pass.
2. Take a few deep and slow breaths.
3. Do an activity that keeps your hands busy.
4. Sip some water calmly and slowly.

PREGNANCY & BABY

Whooping cough

Whooping cough (pertussis) is a highly contagious bacterial infection that affects the lungs and airways, causing a violent cough and obstructed breathing.

Symptoms

Symptoms usually start within 7 to 10 days of catching whooping cough and may include:

- Blocked or runny nose
- Sneezing
- Raised temperature
- Uncontrolled bouts of coughing that sound like a 'whoop' or are followed by a 'whooping' noise
- Vomiting after coughing¹

Treatment

In the early stages, antibiotics are used to prevent escalation and spread. In extreme cases, some babies may need hospital treatment.

Prevention

Immunisation is the best way to protect against whooping cough. A booster dose of adult whooping cough vaccine is recommended for all parents, grandparents and other carers in contact with children who are less than six months old to help protect bub until they have completed the three-dose primary vaccine course.² Your Guardian pharmacy may offer whooping cough vaccination. Ask us today.



Can I use MooGoo on my baby?

We get this question a LOT, and rightfully so. Parents (naturally) want to make sure that the products they use on their latest creation are going to be healthy for them.

We created the MooGoo Baby Range when our own little ones came along because we wanted to know exactly what we were putting on their skin. All of the ingredients we use in our products are selected for a number of specific reasons:

1. They're gentle

We make sure that the formulas aren't going to irritate or damage delicate baby skin. Our goal is to keep skin not only healthy but also soft as a baby's...well, you know.

2. They're edible

We know that kids get into everything so for peace of mind, all of our products are perfectly safe if they happen to be ingested. But we don't think they'll like the taste too much.

3. They're effective

The last thing parents need are products that don't do what they say. So we make sure to put enough of the effective ingredients in our products to make sure they actually work.

Our MooGoo Baby Range is popular with parents, but don't take our word for it – check out some online forums to get the inside scoop as to why so many mums swear by MooGoo right from day dot.

Even a
baby can say
"MooGoo"



PREGNANCY & BABY Nappy bag checklist

When you're out and about with your little one, know that you're prepared for wherever the day (or night) takes you.

The checklist for a cheerful baby:

☐ Nappies (2-4)

You'd be surprised how easy it is to walk out the door minus this absolute essential!

☐ Nappy rash cream

What equals a smiling baby? A smooth bum of course!

☐ Portable change mat or blanket to lay baby on

Comfort and hygiene guaranteed, wherever you find yourself changing a nappy.

☐ Wipes

From nappy changes to food spills – wipes always get the job done.

☐ Sanitiser

Quick and convenient hygiene confidence.

☐ Nappy disposal bags

Tie it up and throw it out.

☐ Full change of baby clothes

Enjoy your outing, knowing that your little one has a backup plan.

☐ Bib and/or burp cloth

The simple way to keep baby clean and fresh.

☐ Bottle (if bottle feeding)

Fill baby's tum with a bottle on the run.

☐ Snacks and water (for children eating solids)

Keep hunger at bay and the whole family hydrated.





AUSSIE MUMS' ESSENTIAL MOTHER & BABY RANGE

HYDROGEL BREAST DISCS

- ✓ Provides instant and soothing relief for sore nipples
- ✓ Creates ideal environment for healing broken skin
- ✓ Mess-free and safe to use while breastfeeding

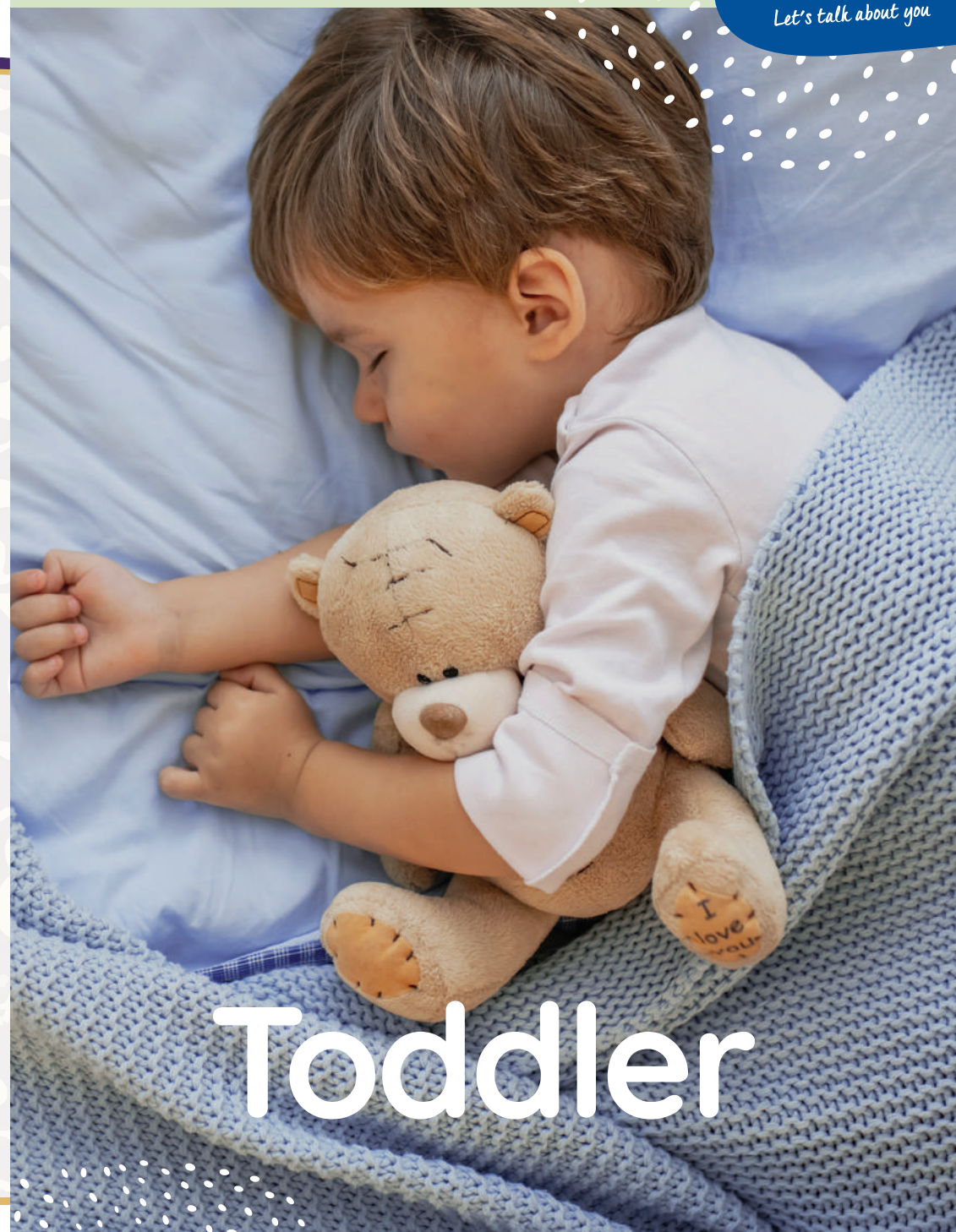


NURSING PADS

- ✓ Moulded shape for a comfortable fit
- ✓ Super soft honeycomb top sheet
- ✓ Superior absorbency and leak-proofing

BABY NAIL TRIMMER

- ✓ Safe and gentle on baby's skin and nails
- ✓ Dual speed settings to adjust sensitivity
- ✓ With 4 filing heads and a carrying case



Toddler

**Children's
Claratyne®**
Feel the Clarity



A clear choice for parents with children who need relief from their hayfever and allergy symptoms.



SYRUPS

- Suitable for **children 12 months and up**
- Relief from sneezing, itchy eyes, runny nose and itchy rash
- Convenient once daily format
- Great tasting peach and grape flavours



FAST RELIEF



**NON-DROWSY
RELIEF**



**ONE DOSE PROVIDES
24 HOUR RELIEF**

For children 2 years and older, Children's Claratyne also has great tasting chewable tablets. See page 22.

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.

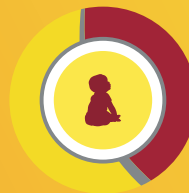
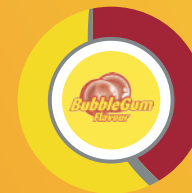
*, IQVIA National Pharmacy and Grocery OTC Children's Antihistamine Sales MAT 07/11/2020. L.AU.MKTG.11.2020.05869



AERIUS®

SYRUP FOR CHILDREN

Allergic rhinitis relief for children from **12 months** and hives for children from **6 months** of age



- ✓ Provides long-lasting, 24 hour relief from allergic rhinitis (hayfever) and allergy symptoms
- ✓ Non-drowsy
- ✓ Child friendly Bubblegum flavour
- ✓ Convenient once daily dosing
- ✓ Handy measuring device for easy dosing
- ✓ Available in 60mL and 100mL bottles



Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. L.AU.MKTG.11.2020.05869



TODDLER

Chickenpox

Chickenpox (varicella) is usually a mild disease lasting only a short time in children, however it can be more severe in adults. An infected person is contagious for one to two days (possibly five days) before the onset of the rash and remains infectious until the blisters form scabs (usually around day five of the illness).¹

Spot the pox

Symptoms usually start about two weeks after catching chickenpox, lasting from 10 to 21 days.

- The main symptom is an itchy red rash that turns into blisters, which then burst and crust over.
- Flu-like symptoms such as fever, headache and sore throat can also be present.

Basic treatment

Although quite unpleasant, cases are usually mild and recover without treatment.

Things you can do to help recover:

- Rest
- Lukewarm baths with soothing products available at your Guardian pharmacy. Ask your pharmacist about the best soothing products for your child.
- Paracetamol to reduce fever.

Advanced treatment

- Pregnant women who have not had chickenpox or the chickenpox vaccine may be given medicines to help prevent infection. If you are pregnant and have been in contact with someone with chickenpox, speak to your doctor for advice.
- Severe cases may be given medicines to treat the virus, in which case your Guardian pharmacist can recommend products to aid in a speedy recovery.



1. health.gov.au/health-topics/chickenpox-varicella

TODDLER

Dental hygiene

Developing healthy dental hygiene at a young age will set your child up for pearly white success. At around five years of age, children start to lose their baby teeth, which are then replaced by their permanent teeth. By age 12 most children have all of their permanent teeth.

Statistics show that one in four children (aged five to 10) have untreated decay in their baby teeth, while a 2012-14 study showed that one in four children also experienced decay in their permanent teeth.¹

How can I spot dental issues?

Mouth pain, problems eating or drinking or loss of sleep can all be signs of dental issues that may need addressing.

How can I help prevent dental issues?

- It is recommended that children's teeth be wiped or gently brushed with water as soon as they erupt.
- Keep an eye on sugar consumption.
- Brush your child's teeth twice a day – morning and night. At 18 months, you can start using a pea-sized amount of low-fluoride toothpaste.²
- Replace toothbrushes every 3-4 months, or when the bristles get worn or frayed.
- Children should visit the dentist by about 12 months of age or when their first tooth comes through, whichever happens first.



GRACE'S TOP PICK!



Jack N' Jill Natural Toothpaste

Why do we love it? These natural formulas not only come in a huge range of fun flavours to help keep kids excited about brushing time, they're also rich in xylitol with organic calendula to soothe gums. Jack N' Jill toothpaste is Australian-made, sugar and colour-free with no artificial preservatives. With BPA-free packaging, this one's a no-brainer!

1. healthywa.wa.gov.au

2. raisingchildren.net.au/toddlers/health-daily-care/health-concerns/young-children-s-health

TODDLER

Ear infections



Babies and children are most prone to ear infections due to the fact that they have a smaller passageway connecting the upper part of the throat to the middle ear.

Inner or middle ear infections are most commonly the result of nasal congestion from a common cold. Outer ear infections are most commonly caused by water remaining in the canal after swimming (also known as swimmer's ear).

General symptoms

- Ear pain
- Fever or headache
- Trouble hearing
- Ears feeling plugged or full, sometimes with ringing or buzzing
- Dizziness or loss of balance
- Nausea or vomiting.¹

Symptoms for babies and children

- Pulling or rubbing their ear
- High temperature (38°C or above)
- Redness around the ear
- Restlessness or irritability
- Non-responsive to noises that would normally attract their attention.¹

Sore ear solutions

- Drain water out of ears or use ear plugs when swimming to reduce outer ear infections.
- Refrain from putting anything into the ear, even if it feels blocked or painful.
- Children with repeated ear infections may need 'grommets' in their eardrums to prevent infection. These are small plastic tubes surgically placed in the eardrum by an ear, nose and throat specialist to allow air into the middle ear and allow fluid to drain freely.
- Only use ear drops if they have been recommended by your doctor or Guardian pharmacist. If your child's pain persists, they feel sick or have a temperature, see your doctor.



TODDLER

Hand, foot and mouth

Hand, foot and mouth is generally a mild illness most common in children under 10 years of age, however it can also occur in older children and adults as it is quite contagious.

What to look out for

- Blisters that start out as small red dots appear inside the cheeks, gums, and on the sides of the tongue, as well as on the palms of the hands and soles of the feet.
- In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for 7 to 10 days.
- Blisters can then turn into ulcers. This isn't always the case however.
- Low fever, irritability, sore throat, tiredness, loss of appetite and an off colour may occur.

What you can do

Despite being an unsightly and uncomfortable condition, treatment isn't usually needed. Here are some solutions if your little one needs some extra relief.

- Paracetamol will relieve fever and discomfort, however do not give children aspirin.
- Allow blisters to dry out naturally. As the fluid within them is infectious, they should not be deliberately burst.



GRACE'S ADVICE

Children with hand, foot and mouth disease should be excluded from school or childcare facilities until all symptoms have subsided.

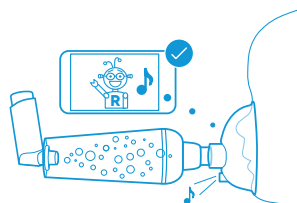


ABLE
SPACER

SILVER ION
ANTI-BACTERIAL



- ✓ ANTI-BACTERIAL
- ✓ ANTI-STATIC
- ✓ COACHING WHISTLE
- ✓ BPA FREE



Free Rafi-Tone
coaching App

+ABLE

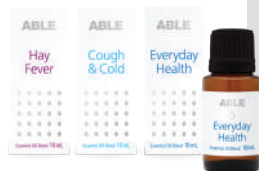
Your family's trusted home health solution



Infrared Forehead
Thermometer



Ultrasonic Vaporiser



Essential Oils

Children



CHILDREN

Preparing your child for school



When the time to start primary school arrives, it's natural for the experience to be a little emotional for both you and your child. Fondly known as 'big school', this milestone signifies a turning point in your child's growth and development.

7 steps to starting school on the right foot:

1. Q&A time

Encourage your children to ask questions about school before they start.

2. Plan your route

During the summer holidays, show your child where the school is and talk about how you will both get there.

3. Fun with friends

Arrange play times with other families with kids going to the same school. Once your child knows others at their school they'll feel more at ease.

4. Practice makes perfect

Practice before-school tasks like putting things in your child's bag and remembering to take a hat.

5. Communicate arrangements

Confirm your before or after school care arrangements and explain these to your child.

6. Get in the spirit

Enjoy and encourage your child's excitement about starting school with a positive attitude.

7. Become a bookworm

Have fun reading books with your child about starting school.

CHILDREN

Allergies and hay fever

Allergies

An allergy is an inflammatory immune reaction by the body to a foreign material, and the severity of the symptoms depends on the individual.

Mild (most common)

Affecting only a specific area of the body, a mild reaction may cause rashes, itchiness, watery eyes or nasal congestion.

Severe

A rare and life-threatening reaction called anaphylaxis requires immediate medical attention. Affecting the whole body, it can cause generalised itchiness, difficulty breathing, sudden swelling of the mouth and/or airways and loss of consciousness.

Common causes

- Pollen
- Mould
- Dust mites
- Certain food, such as nuts and shellfish
- Clothing
- Medicines
- Latex
- Insect bites¹

Hay fever

A quarter of all Australians experience hay fever at some point during the year.² It is an inflammatory response that occurs when the immune system overreacts to allergens in the air³ and can cause uncomfortable symptoms that may include: sneezing, red/itchy/watery eyes and an irritated throat.

Common causes

- Environmental allergens such as pollen
- Pet hair
- Dust and mould

If your child is affected by hay fever or other allergies, speak to your local Guardian pharmacist who can suggest a personalised treatment to help you combat their symptoms.





A clear choice for parents with children who need relief from their hayfever & allergy symptoms.



CHEWABLE TABLETS

- Suitable for **children 2 years and up**
- Relief from sneezing, itchy eyes, runny nose and itchy rash
- Unique and convenient chewables format
- No water required
- Great tasting grape and bubblegum flavours



FAST RELIEF



NON-DROWSY RELIEF



ONE DOSE PROVIDES 24 HOUR RELIEF

If your child does not like taking tablets, try Children's Claratyne great tasting syrups. See page 12

Allergies in Children

Allergic Rhinitis can negatively affect a child's (school) performance, behaviour and level of attention.¹

And with there being over 200 indoor and outdoor allergens, allergic rhinitis may not only impact your child during hayfever season but possibly all year round.

PERENNIAL HAYFEVER

and allergy symptoms, are usually caused by indoor allergens such as:



Dust



Mould



Animal Dander

SEASONAL HAYFEVER

is typically caused by outdoor allergens such as:



Pollen



Trees



Grasses

COMMON SYMPTOMS YOUR CHILD MAY EXPERIENCE



✓ SNEEZING



✓ RUNNY NOSE



✓ WATERY, ITCHY EYES



✓ ITCHY SKIN

Children's Claratyne relieves hayfever & allergies **to help your child stay focused and alert.**

- Relief of seasonal and perennial hayfever
- Relief of hives
- Non-drowsy
- Fast
- Once daily dosing for 24-hour relief
- Available in various formats depending on your child's age and preference

This medicine may not be right for you. Read the label before purchase.
Follow the directions for use. If symptoms persist, talk to your health professional.

*. IQVIA National Pharmacy and Grocery OTC Children's Antihistamine Sales MAT 07/11/2020. L.AU.MKTG.11.2020.05869



Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. References: 1. Jauregui, I et al. "Allergic Rhinitis and School Performance". J Investig Allergol Clin Immunol 2009; Vol. 19, Suppl. 1: 32-39. L.AU.MKTG.11.2020.05869



CHILDREN Flu

It's never a barrel of fun when the flu comes to town, but there are ways to help reduce its reign! Flu is caused by the influenza virus; the circulating strains of the virus can change each year. Symptoms can be mild or more severe and usually start about one to three days after catching the flu, lasting for a week or more.

It may be the flu if your child has...

- A runny nose or sneezing
- A cough or sore throat
- Fever and chills
- Headaches
- Body aches
- Vomiting and diarrhoea (more common in children).

Children may recover from mild flu with a little TLC...

- Resting
- Drinking fluids, particularly water
- Taking paracetamol to reduce pain and fever
- Using decongestant medicines.

Vaccination is the best protection against the flu and prevents serious disease. As flu strains constantly change, receiving a new vaccine every year ensures you stay protected.

Your Guardian pharmacy carries the most up-to-date flu vaccine for 2021.



GRACE'S TIP!

If your child is six months and older, book them in for their 2021 flu vaccination. Speak to your GP or Guardian pharmacist about booking an appointment for you and your child.

BRAUER

Being a parent can be tough.

Brauer makes vitamins and minerals easier.



- ✓ Vitamin D3 helps support immune system health
- ✓ Vitamin C maintains healthy immune system function in children
- ✓ Free from egg, dairy, tree nuts, peanuts and gluten
- ✓ No artificial colours, flavours or sweeteners



Trusted by Australian parents for over 90 years.

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. Vitamins and minerals can only be of assistance if dietary intake is inadequate.

CHILDREN

Head lice



These little guys like to make regular appearances around schooling environments, spread by direct contact with someone who has them.

A parasitic insect, head lice can be found on the head, eyebrows, and eyelashes of people and in true vampire fashion, feed on human blood several times a day through the scalp. Take a look below at how to send these suckers packing!

Comb and conditioner removal method

What you need

- Normal comb to detangle hair prior to using metal lice comb
- Fine-toothed metal lice comb (available from your Guardian pharmacy)
- Conditioner
- White paper towel

What to do

- Cover hair with conditioner and detangle using a normal comb to stun the lice

- Separate into sections and remove lice from hair with a long-toothed comb
- Wipe the comb on a white paper towel and check for lice
- Repeat every two to three days until no lice remain (around 10 days)

Chemical treatment method

What you need

- Chemical treatment of choice (your Guardian pharmacist can help you choose)
- Normal comb to detangle hair prior to using metal lice comb
- Fine toothed metal lice comb
- White paper towel

What to do

- Carefully follow the instructions provided for your selected treatment
- Comb through hair and check the lice are dead to ensure the treatment has worked
- For a more successful outcome, use this in conjunction with the comb and conditioner method.



GRACE'S TIP!

The long life cycle of nits (head lice egg) and head lice means repeat treatment may be required. Use as directed/daily combing with conditioner to break the life cycle.



THE SUPER SOLUTION AGAINST SUPER LICE

Chemical-Free Head Lice Treatment



Eliminate head lice and eggs with the ease of combing.

The V-Comb Supra provides immediate visible results with a hands-free and hygienic disposal.



Always read the label. Please read instructions before use.
If symptoms persist, talk to your health professional.
V-Comb® A1 and V-Comb® Supra are patented and design registered products.
V-Comb® is a registered trademark.



TGA

CHILDREN Gastro

Gastroenteritis (gastro) is a bowel infection that causes diarrhoea that can last up to 10 days, and sometimes vomiting that tends to settle more quickly.

The most common cause of gastro is a viral infection and it is quite common among babies and young children as it is easily spread.

If your child has gastro, they may:

- Feel unwell, and not want to eat or drink
- Vomit in the first 24 to 48 hours (usually before diarrhoea begins)
- Have diarrhoea, which can last up to 10 days
- Have some stomach pain
- Have a fever.¹

Hydrate their way back to health

The main treatment is to keep your child drinking fluids and body salts to replace what has been lost through vomiting and diarrhoea. Steer clear of high sugar drinks that can cause further dehydration. Rehydrate your child by giving them:

- Water
- Oral rehydration solutions: Gastrolyte, Hydralyte, Pedialyte and Repalyte
- Oral rehydration icy poles
- Breastmilk or formula
- Diluted apple juice.¹



Signs of Dehydration

A loss of fluids can cause mild or serious cases of dehydration. Seek help from a GP or emergency department if your child shows signs of:

- Extreme thirst
- Rapid breathing, or a fast heart rate
- Confusion or drowsiness
- Cold hands or feet.²



GRACE'S ADVICE

Babies under six months old can become dehydrated very easily and need to be checked by a GP if they have gastro.

1. rch.org.au/kidsinfo/fact_sheets/Gastroenteritis_gastro
2. healthdirect.gov.au/hydration-tips-for-children



PRE-TEEN & TEEN

Acne

Acne is a very common skin condition that causes spots and painful bumps on the skin. Most noticeable on the face, it can be confronting for teens to deal with. It may also appear on the back, shoulders and buttocks, and can cause scarring.

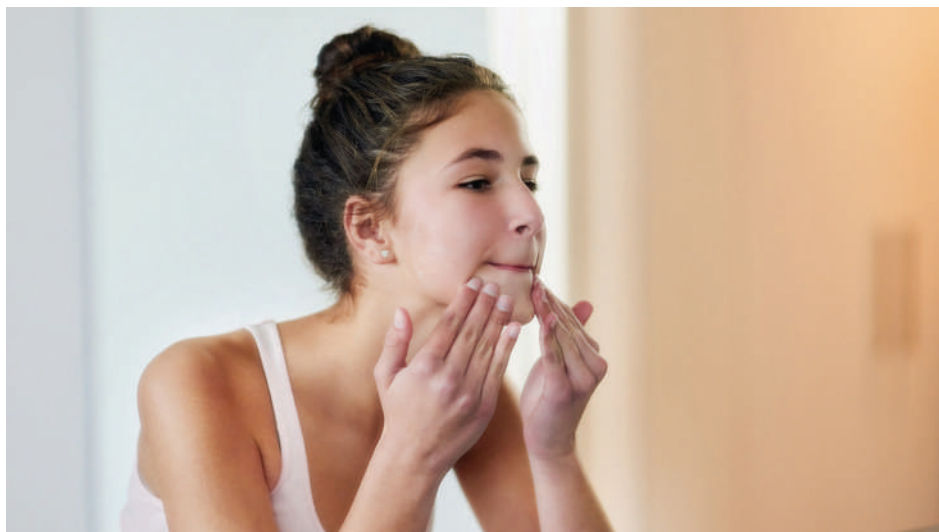
Skin-loving lifestyle habits

- **Cleansing** – using cleansers specifically for acne-prone skin can help. Try washing the affected areas twice per day but don't overdo it as this can cause other skin problems, such as dryness or irritation.
- **Hygiene** – keep hair clean and off the face and neck, as oil from the hair can make acne worse.

- **Make up** – choose water-based, oil-free products where possible to avoid clogging the pores and thoroughly remove before bed.
- **Don't squeeze** – picking and squeezing pimples can spread bacteria, make them worse and can lead to scarring.

Over-the-counter or prescription

- There may be some over-the-counter or prescription medication that can also help with acne. Talk to your Guardian pharmacist or GP for more information on what can benefit your child.



PRE-TEEN & TEEN

Puberty

Girl Talk

Puberty can bring a host of physical and emotional changes for your teen as she starts developing into a woman.

Physical changes can include...

- Between the ages of 8 to 13 is usually the start of breast growth
- Hips, bottom and thighs will develop a womanly shape
- Pubic hair will start growing
- The vagina will produce a small amount of healthy clear or cream-coloured fluid
- Increased sweat, oily skin and hair, and spots (acne) may develop.

Let's talk about it

Having an open discussion about topics like menstrual hygiene, buying a bra, sexual health and maintaining a healthy body image will provide a safe space to answer any questions they may have.

Boy Talk

This is the time boys start producing testosterone, which triggers changes in the body.

Physical changes can include...

- Growing taller and more muscular
- Adam's apple (larynx) gets bigger and the voice deepens or begins to 'break'
- Testicles begin to produce sperm
- The body produces more hormones and awakens sexually
- Increased sweat, oily skin and hair, and spots (acne) may develop
- Pubic hair starts to grow and more hair may grow on other parts of the body.

Let's talk about it

Mood swings and physical changes are totally normal, but can be difficult to manage alone. Normalising conversations about puberty can help your child process these changes.



GRACE'S ADVICE

Encourage good mental health by actively listening to your child and creating a secure environment for them to develop at their own pace. There are a number of helplines to call for counseling services for both you and your child.

Parentline: 13 22 89

Kids Helpline: 1800 55 1800

You can also talk to counsellors online on the Youth Beyondblue, Headspace, Reachout and Somazone websites.



 **Guardian**
Let's talk about you



www.guardianpharmacies.com.au

