

Resources



Excellent information for parents on healthy attitudes toward menstruation and coming of age.

Books and Magazines

Her Blood is Gold by Lara Owen
and Dr. Christiane Northup
Mother-Daughter Wisdom by Dr. Northup
Before She Gets Her Period by Jessica Gillooly
Moon Mother, Moon Daughter by Janet Lucy
Celebrating Girls by Virginia B. Rutter
The Seven Sacred Rites of Menarche
by Kristi Meisenbach Boylen

For Girls:

New Moon Magazine at newmoongirls.com
My Little Red Book at MyLittleRedBook.net
A Time to Celebrate by Joan Morais

Parent Support

DadsandDaughters.com
Daughters.com
GirlsCircle.com

Web Resources

WomensWayProgram.com
ClaireDean.net (Coming of Age Ceremonies)
WeMoon.com.au (Cloth Menstrual Pads)
Passage: a girl's guide @ GladRags.com
KidsHealth.org/parent
(search for "first menstruation")
FWHC.org/health/moon
(interesting facts and customs)
Epigee.org (women's health)