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First Moon: Celebration And Support For A Girl's Growing-Up Journey



Synopsis

Full of facts and fun, this lovely kit helps girls understand and enjoy the transition into womanhood. This charming boxed set, developed by an experienced facilitator of girls' self-esteem circles is designed to support girls as they develop physically and socially into young women, specifically at the time leading up to and including their first menstrual period. It offers easy-to-understand biological information as well as guidance for going through the emotional and social changes of puberty with grace and confidence. It includes a journal as well as a guidebook featuring stories from girls around the world, affirmations, visualizations ("Moontime Meditations"), rituals ("Moontime Magic"), and crafts and projects ranging from beading and baking to beauty treatments. It also contains stickers, henna tattoos, a calendar (the "Flow Chart"), and a moon cycle spinner wheel. Down-to-earth, warm, and encouraging, First Moon is a welcome resource for young girls and their parents, and a thoughtful gift for girls ages nine to 14.

Book Information

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Best Sellers Rank: #863,157 in Books (See Top 100 in Books) #42 in [Books > Teens > Personal Health > Maturing](#) #696 in [Books > Parenting & Relationships > Parenting > Parenting Girls](#) #1196 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

Customer Reviews

Super gentle way to deal with one of the many uncomfortable conversations you have with your children. I liked that it came with little "gifts" for her. My daughter is a bit shy when it comes to these types of things. This way she could read the book alone, in her room, with the door closed. Then if she had a question, she would come to me and we would be able to talk about that one issue. Sometimes, she would write down the question, put the piece of paper in the book and then leave it on my pillow. I would write a response and put it back on her pillow. It might seem silly or a lot of fuss, but she learned a lot and asked questions I know she would not have asked the traditional

way. Afterwards, she thanked me and said, "It wasn't near as awful as I thought it would be". For her, that is a glowing recommendation!

The Goddess Menses by Marge Rosenthal (excerpt from book) Once a month the Goddess Menses visits a woman's body. She is a very mysterious goddess. Sometimes she sneaks in without us knowing, and sometimes she announces herself with powerful tuggings inside our bodies. When men bleed, it is always a sign of illness or injury, but the... bleeding the Goddess Menses brings is a reaffirmation of life, a cleansing of our bodies. Her arrival is a time of celebration, a time to buy flowers or something small and special just for us women. The Goddess Menses is a high-spirited, energetic goddess who plays tricks on our bodies, arriving early or late, quiet or stormy, and tugging or rolling over us, but once her presence is acknowledged, she is very happy to settle down and wait...until next time. Well I finally got it....and I LOVE it. It is perfect for people who hold sacred the celebrations of women and The Goddess. In this little kit comes a book that tells of different celebrations by different cultures for first moon celebrations. It also includes moon time meditations, moon time journaling (it even comes with the journal) all while educating the young "woman" about the changes in her body. It talks about how our bodies are similar to the moon cycles, gives tips on connecting with nature. It is just an AWESOME, AWESOME book for the pagan mother who is anticipating her daughter's first moon celebration (yes that would be me..lol) I HIGHLY recommend this book.

My coming-of-age granddaughter 4 years ago received this wonderful kit from me. Now my younger granddaughter has just received hers from me, for her coming-of-age celebration. The KIT contains several items. We grandmothers know a thing or two about how to help the young ones into womanhood!

A present. Not needed quite yet, but I wanted her to have it when she needed it.

This is an excellent book for girls who are ready for this stage in life. Fantastic value for money.

This is such a perfect gift for my daughter. It is so positive and fun. She is really excited now instead of embarrassed or scared. Thanks!

I just love reading the comments and reviews of books I own and books I plan to buy. To A.S. (who

suggests this book should be left to the Mormons) and Mo whose innocent response is "huggable," do not understand that this book is written for those who honor Earth religions. The "First Moon" (first period) is considered a very sacred moment for our young daughters. That doesn't mean you have to be pagan to buy the book. I'm sure that once "First Moon" is understood, many others will want their daughters to read the book, too. Becoming a woman is a momentous occasion for girls, and should not be hidden under the blanket of patriarchal shame. CELEBRATE!!!!

I bought 'First Moon..' for my 11 year old granddaughter when I found out that she had started her first period. I felt it was important for her to know that it is something to celebrate. She absolutely LOVED it...she resonated very strongly with it and couldn't wait to make the journal her own with the stickers and to write in it...in fact she was so interested in writing she barely ate dinner :-). She even asked me if I'd mind her sharing it by showing a friend of hers since she didn't think anyone in her friend's family had thought to give her anything like it. I was so happy to have found such a wonderful gift to open her eyes and heart to the celebration of coming into her womanhood and thrilled that she wanted to share it with other girls.

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