

Grade 4 Advice Corner

1. Hair may become oilier due to increased hormone production. Shampoo regularly, brush and comb hair daily.
2. Shaving body hair is a personal choice. Shave if and when you are comfortable doing so.
3. Bathe or shower daily. Use deodorants or antiperspirants. Do not substitute the use of body sprays, perfumes or colognes for showers. If using these products do so sparingly. Many schools and public buildings are now scent free because many people are allergic to scents/fragrances. Wear clean clothes. Change socks and underwear daily.
4. Talk to a trusted adult, parent/guardian or school health nurse about these changes. Every person experiences changes at their own rate.
5. During puberty some students start to become interested in dating. Having a romantic interest in another person is common. It can feel very exciting, but also confusing. These feelings happen because of hormonal changes and can happen at any time during puberty. It is important to remember that not everyone will start having feelings for other people at the same time.
6. There is no need to see a doctor. This is normal because of sweating and perspiring from physical activity. Baking soda can be used as an inexpensive, absorbent foot powder. Put some in a sock or into shoes to absorb humidity and odour.
7. Pimples should not be popped as it may lead to scarring or infection. Wash your face with mild soap or cleansers and warm water 2-3X daily. If acne gets worse, consider buying acne products or see your doctor for a prescription.
8. Due to the hormonal changes in your body, it may seem like you are on an emotional roller coaster. It is very common to experience mood swings. Some things that can help with these feelings include physical activity, eating healthy,

sleep, and doing things you enjoy (reading, colouring, spending time with pets, etc.). If these feelings continue, seek out credible information and talk to a trusted adult if you are concerned. It is important to remember that your friends may not have the most accurate information, so always ask an adult if you have questions.