



A Celebration Day for Girls

"You created my innermost self, knit me together in my mother's womb. For so many marvels I thank You; a wonder I am, and all Your works are wonders."

- Psalm 139: 13-19

Dear Parents of Year 4/5/6 Girls,

I am writing to offer you the opportunity to experience a beautiful mother/daughter workshop called **Celebration Day For Girls** wherein the main theme is contemporary menstrual education.

This workshop is most suitable for 9-12 year olds but 13 year olds are very welcome also.

I have been a Women's Health Physiotherapist and Childbirth Educator these past 30 years and am very passionate about educating and equipping women for all stages of their unique life journey. My daughter and I shared **Celebration Day for Girls** 8 years ago with the educator who created it, Jane Bennett, and it has been my great joy to subsequently train as a facilitator of this unique and important work.

The pressures on our girls and young women today are many, and so often disturbingly negative. It is vital that we provide opportunities for our girls to consider, understand, accept and cherish their bodies as healthy and normal.

Menarche (a girl's first period) is a signpost of emerging womanhood and the menstrual cycle is an intrinsic aspect of this maturing. Extensive research has shown that for young girls who experience menarche well prepared, with a positive introduction and emotional support, the result is higher self-esteem, fewer negative cycle related symptoms, favourable overall menstrual perception and easier subsequent births.

Couched within the context of God's creative design for us as individuals, the discussion shared in a small group provides a safe forum for topics that many of us may struggle with in the family situation. This gentle workshop specifically deals with menstrual education and while there is discussion around fertility in the context of the menstrual cycle, sex education is not discussed. **The focus is on educating and equipping your daughters to relate positively to this most defining aspect of being a woman.**

The practical information presented, fun activities and shared conversations around periods, can have a profound and lasting impact on your girls. By enabling a healthy and grounded experience of the changes of puberty we deeply nourish self esteem, self-awareness and positive body image. **For your mother-daughter relationship, this is a special time to spin threads of connection and enhance open channels of communication and trust.**

OUTLINE OF THE PROGRAM

The Celebration Day for Girls program is delivered via 2 sessions: a 2-hour session with you mothers only (Thursday 21st June 7.30-9.30pm) and a 6-hour workshop with the girls (Sunday 24th June 11am-5pm). Mothers join in at lunchtime and stay until the end of the day.

2-hour session with the Mothers:

Given the relatively short time that I can be with the girls during a 1-day workshop there is an obvious limit to what I am able to teach of this vast, fascinating and vital subject. Much of the role of provider of information, wisdom and guidance will fall, naturally and rewardingly, to you mothers and female caregivers. For this reason I meet with you for a two hour session before the 1-day workshop with your girls.

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During this session, you will have an opportunity to explore your own personal experience of puberty and menarche and its relationship to the parenting of your daughter through this time.

I also step you through the content of the workshop being presented to the girls and offer you the chance to express your hopes and wishes for the day.

One-day workshop with the girls:

At the **Celebration Day**, the girls enjoy lively discussion, fun activities, women's stories and a gentle celebration of the magical threshold of puberty and menarche.

They are warmly invited into the time-honoured, nurturing connection and support women have long shared with each other. Many participants report that their mother-daughter relationship is enriched and enlivened as the doors of communication in this key area of female experience and development are opened wide.

The first part of the day I spend with girls on their own (11am – 2pm) and, just before a late lunch, you Mums join us for the remainder of the day (along with grandmothers who are available and wish to participate), finishing around 5pm.

The workshop can be divided into three topics, covering (but not limited to):

- Life Cycles and Life Stages - including puberty and associated body changes
- Our Cyclic Bodies - the menstrual cycle/periods/pads etc
- Connecting with our Womanhood - honouring the mother/daughter relationship, understanding our matrilineage and the building of sisterhood.

Throughout the course of the morning I engage the girls in a variety of fun activities, weaving through factual information and sharing stories relating to their unfolding experience of young womanhood. **My focus is on creating a strong sense of mutual sharing and support around menstruation.** To discover more about this workshop and the work of Jane Bennett visit:

www.celebrationdayforgirls.com

The cost is \$140 per mother/daughter couple and will be held in the Coghlan Centre at St John's. I will have a second adult female with me during the morning to satisfy the new Working With Children requirements. I hold a Working With Children card.

Please call or email me to book a place for the workshop or to discuss any aspect of the content or presentation that will assist you in making your decision to take part.

I am keenly looking forward to meeting with you and your daughters. The Day will create a very unique and special memory for you both.

Blessings,



Kath Callinan-Moore

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Celebration Day for Girls - Where did it begin?

In the year 2000 Jane Bennett was asked by the Castlemaine Rudolph Steiner School, where she had been a parent since 1992, to run a 'fun, celebratory and holistic' rite of passage workshop about puberty and menstruation for their senior primary girls and their mothers.

Both challenging and exciting – for Jane – this was the first of many Celebration Days for Girls, which has now been attended by several thousand mothers and daughters and continues to enjoy growing popularity.

As they knew Jane well, and of her work with Natural Fertility Management, the College of Teachers at CRSS decided from the outset to make A Celebration Day for Girls an annual curriculum event for Year 5 girls.

Since 2000 this has occurred on a Sunday at the time of the year the class teacher feels most suitable for the girls, and with a mother's only 2 hour session sometime in the previous week or two (with the class teacher when she's a female). Being scheduled on a day outside the usual school week allows girls and their mothers sufficient privacy and comfort to explore this topic in a dignified way without concern about interruption.

In 2012 Jane began training experienced facilitators, with a passion for working with women and girls, to run A Celebration Day for Girls in their own right and in their own communities.

A Celebration Day for Girls is now available in the United Kingdom, Ireland, Italy, France, the United States, Spain and Mexico as well as Australia and New Zealand. And, as you can see, we have a website and are busily spreading the word!