

Why do we suggest children start our Puberty Plus Programs at aged 8?

- time for preparation
- time for information processing
- incidents of precocious puberty

Did you know?

The average age of puberty onset for a girl body is 10-11 years old.

But did you know that 16% of girl bodies show signs of puberty at 8-9 years old?

The average age of puberty onset for a boy body is 11-12 years old.

But did you know that 7% of boy bodies show signs of puberty at 8-9 years old?



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