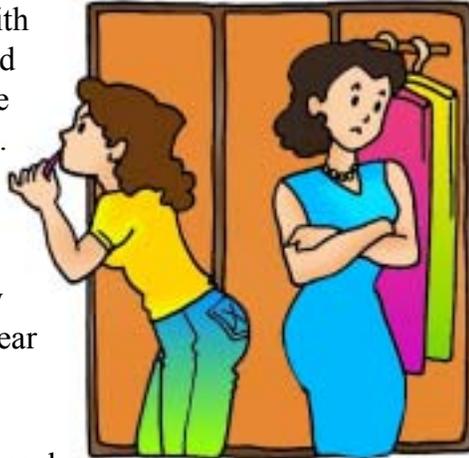


# SAFE Kids HEALTHY Kids HAPPY Kids



## Stop Parent / Daughter Battles over Makeup

At 10–13 years of age, girls become more concerned with their looks, their clothes and their friends. Many become interested in using make-up. Your daughter may want to experiment with the looks she sees on TV and in magazines. It is completely normal for her to want to wear make-up, but it often takes parents by surprise.



Every girl is unique. So, each family must set its rules for the age and use of make-up. Rules are not for control. They are to keep a daughter safe. These tips can help you and your daughter agree without fighting.

**Know what other teenage girls are doing.** Read teen girl magazines. Observe girls at the mall and school events. Talk to other girl's mothers.

**Show your daughter that her world is important to you.** Talk about what she likes and dislikes. Find out what her world is like at school. Ask her about what she wants to do with her hair, make-up and clothes. *Listen* to what she has to say.

**Make positive comments about who she is as a person.** Is she kind, funny or smart? Encourage her to be a well-rounded person. Help her focus on school, hobbies and extra-curricular activities.

**Set your limits.** Decide what you think she should wear at her age. Let her know what you will allow. For instance, *she cannot wear mascara when she is 12, but she can wear it on special occasions when she is 14.*

**Be willing to compromise.** *You do not want her to wear lipstick at 11, but she can wear a tinted lip gloss.*

**Start small and gradually add more make-up as she gets older.** Start with lip gloss and nail polish. Progress to light use of blush.

**Visit a make-up counter at a department store.** Look for cosmetics that teens use. Let the make-up expert talk to your daughter about the minimal use of make-up and about skin care.

A girl who develops early may want to look older and date earlier than her peers. She is at risk of running with an older crowd. It is best to keep a close eye on her. Encourage same-age friendships.

All parents and daughters go through growing pains. Dealing with make-up is just one cause of conflict. Focus on your **relationship** with your daughter rather than this specific issue. Be loving, respectful and willing to listen. She needs to know you are on her side. Then, she will be more willing to listen to what you have to say.

Call the Parent Help Line. We listen. We can find you help.  
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.