

Tween Survival Tips For Summer's Sweat-Inducing Moment™

(NAPSA)—Although school is out, tweens don't get a break from those sweat-inducing moments. It's important for parents to be prepared and help children understand what's happening during puberty. Tweens experience new social challenges while also growing and changing physically, often making things even more confusing.

To aid parents, Dr. Jennifer Shu, pediatrician and medical editor for www.HealthyChildren.org, a children's health partner of Unilever's "Don't Fret the Sweat" campaign, gives the 411 on what to expect as your child goes through the tween years:

- **Growth spurts.** It may seem like your tween is growing out of his or her clothes and shoes every month. Growth spurts associated with puberty last about two to three years. Some kids grow more than four inches in a year.

- **New Smells.** Puberty hormones stimulate the sweat glands under your child's arms and when sweat and bacteria mix, which often happens during physical activity, it produces body odor. Fortunately, deodorant and showering more often can easily solve this unpleasant odor.

- **Blemishes.** Again, this is due to those pesky sweat glands. In this case, they result in oilier skin, which can lead to breakouts. Adding a gentle face wash to your child's morning and evening routine can help keep the skin clear.

The tween years can be tricky, but parents can make it easier. Remind your children it is all perfectly normal and keep open lines of communication so he or she can come to you with issues.

Learn More

For expert advice on more ways to help your growing child, see www.Facebook.com/DontFretTheSweat.