

So, now you have to wear a bra.

Adolescence is just one big walking pimple.

-Carol Burnett

As you've obviously noticed, your body and your emotions are going through a few changes. Over these next few years, they will continue to do that, sometimes at a rate so alarming you'll feel disconnected and often horrified. As your Mom, I will do my best to help you through it the best that I can. Just a few tips for you, my dear:

1. **Don't pay as much attention to your mood swings as you feel like giving them.** They won't last long. Women can have 25 different moods in the span of 30 minutes. Men don't understand us because of this. Most of the time we don't understand ourselves either. Just don't ever do anything too crazy in the midst of extreme emotions. (For the record, if the mood strikes and you find yourself needing to eat an entire container of ice cream in one sitting, it **IS** sometimes necessary and not considered entirely crazy.)
2. **Wash your face every morning and every night before bed, no matter what.** Even if you don't have make-up to take off. You are going to have pimples here and there; sometimes more than just here and there.
3. **Always wear a bra that fits you properly.** I'm not going to check this out for you regularly, so tell me when you've outgrown the ones you're in.
4. **You can and will have your period unexpectedly, and at the weirdest times, and sometimes the most inconvenient places.** Always be prepared for that (this means for the next 40+ years).
5. **Shower when you need to, not when you feel like it. Same goes for shaving your legs and your armpits.**
6. **Your eyebrows have a mind of their own.** I know it's painful, but those brow waxes will get easier over the years. Trust me when I tell you that you don't want to find out what you'll look like if you didn't get them anymore.
7. **Wear deodorant. Every day, all the time.** Don't ever leave the house without making sure this is taken care of, same goes for #8.
8. **Brush your teeth, at LEAST two to three times a day.** Non-negotiable.
9. **Your feet smell stinky sometimes,** especially since you play sports. **Please address this on a consistent basis.** The only reason I don't talk to you about it even more often is because I'm hoping it actually helps delay you getting a boyfriend until you're a lot older.
10. **I don't know why lip hair gets darker on some girls and not others.** See #6.