



always changing®
A Little Help for the Big Talk

always®

Your daughter's body is changing.
You want to give her the support and confidence she needs.
You don't have to do it alone.

Always.com BEINGGIRL.COM

Always® is here to help you prepare your daughter for puberty with resources to make both of your lives easier.

FOR MOMS

Head to Always.com to check out the “For Moms” section to:

- Take a “Time for the Talk?” quiz.
- Find tips for sparking the conversation.
- Help her find the right period protection for her.
- Learn simple ways to boost her mood.

FOR GIRLS

Beinggirl.com gives her the chance to have some fun and boost her self-esteem with:

- “The Period Diaries”: Fun videos to help your daughter understand her period!
- A Period Predictor.
- Tips and tricks to make periods more manageable.
- And much more!

ALW11-CM22307

Part of the Always Changing® 5th Grade Puberty Education Program © 2011 P&G



MANUFACTURER COUPON

EXPIRES 06-30-13

EXPIRES 06-30-13



\$1.00 OFF

CONSUMER: LIMIT ONE COUPON PER PURCHASE of products and quantities stated. LIMIT OF 4 LIKE COUPONS in same shopping trip. Coupons not authorized if purchasing products for resale. Void if transferred, sold, auctioned, reproduced or altered from original. Any other use constitutes fraud. You may pay sales tax. Do not send to Procter & Gamble.

CONSUMIDOR: LÍMITE DE UN CUPÓN POR COMPRA de los productos y cantidades especificados. LÍMITE DE 4 CUPONES SIMILARES en la misma compra. No se autorizan los cupones si los productos se compran para reventa. Nulo si se transfiere, vende, subasta, reproduce o altera antes de redimirlo en tienda. Cualquier otro uso constituye fraude. Puede que pague impuestos de venta. No lo envíe a Procter & Gamble.

DEALER: Sending to Procter & Gamble 2150 Sunnybrook Drive, Cincinnati, OH 45237 signifies compliance with “Requirements for Proper Coupon Redemption.” Copy available by writing to the above address. Cash Value 1/100 of 1¢ Procter & Gamble

ONE
Always® Liners
de descuento al comprar
UN Always® Liners

MANUFACTURER COUPON

EXPIRES 06-30-13

EXPIRES 06-30-13



\$3.00 OFF

CONSUMER: LIMIT ONE COUPON PER PURCHASE of products and quantities stated. LIMIT OF 4 LIKE COUPONS in same shopping trip. Coupons not authorized if purchasing products for resale. Void if transferred, sold, auctioned, reproduced or altered from original. Any other use constitutes fraud. You may pay sales tax. Do not send to Procter & Gamble.

CONSUMIDOR: LÍMITE DE UN CUPÓN POR COMPRA de los productos y cantidades especificados. LÍMITE DE 4 CUPONES SIMILARES en la misma compra. No se autorizan los cupones si los productos se compran para reventa. Nulo si se transfiere, vende, subasta, reproduce o altera antes de redimirlo en tienda. Cualquier otro uso constituye fraude. Puede que pague impuestos de venta. No lo envíe a Procter & Gamble.

DEALER: Sending to Procter & Gamble 2150 Sunnybrook Drive, Cincinnati, OH 45237 signifies compliance with “Requirements for Proper Coupon Redemption.” Copy available by writing to the above address. Cash Value 1/100 of 1¢ Procter & Gamble

ONE
Always® Pads
de descuento al comprar
UN Always® Pads

