

## Breasts and Bras

Girls start to grow breasts during puberty.



Most girls start to grow breasts between the age of 9 and 16.

Everyone is different.

It is good to talk to your child about growing breasts.

This will help them to prepare for changes to their body.

## What is on this page?

This page is about how you can support your child to learn about breasts and bras.

It has information about:

- how breasts grow
- how to talk to your child about breasts
- how to support your child to wear a bra



## How breasts grow

At the start of puberty your child will grow breast buds.



These look like a small lump under the nipple.

They can feel sore and hard to touch.

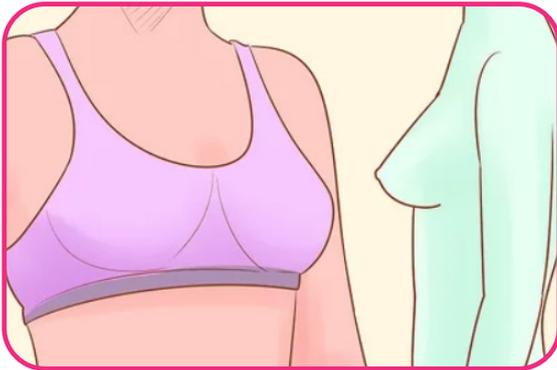
As the breast bud grows, the nipples may stick out and the skin might feel itchy.

This is OK.

It is a part of growing breasts.

Breast buds can grow at different times.

Your child might grow one breast bud and the second bud might grow a few months later.



This is OK.

Your child might have one breast bigger than the other.

This is OK too.

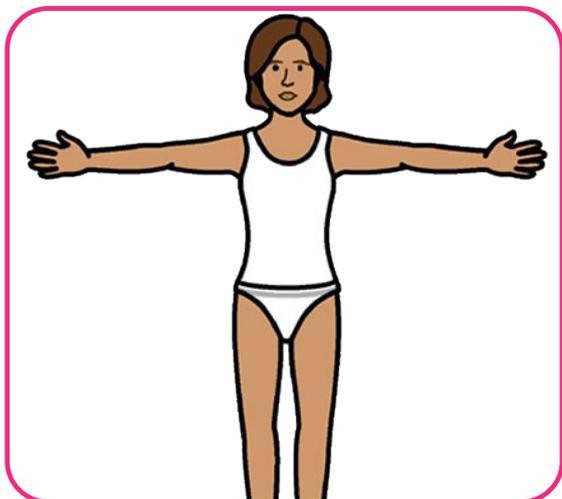
## Talking about breasts

It is good to talk to your child about breasts before they grow.

This will give them time to understand the changes to their body.

It will help them to feel ready when these changes start.





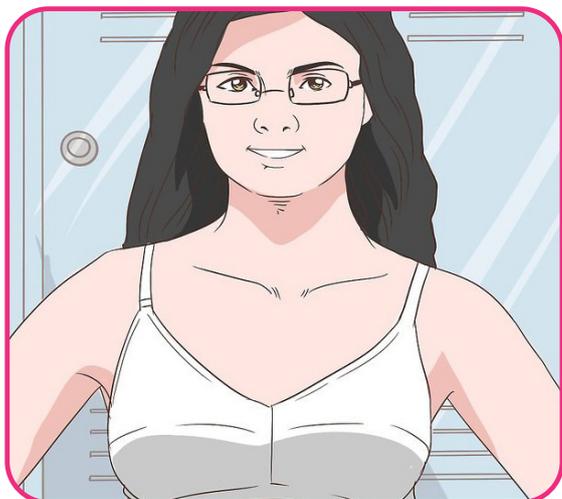
Some other things you can tell your child about breasts are that:

- breasts can be different shapes and sizes
- everybody's breasts are different

This is OK

- breasts are private

They can only be seen or touched in a private place



For more information about private body parts, go to: [Private body parts](#)

## When to start wearing a bra?



People wear bras for different reasons.

Some people start wearing a bra because their breasts move around when they run or play sport.

This means that their breasts need some support.



Wearing a bra can help to stop breasts feeling sore or uncomfortable.

Some people choose to wear a bra when their nipples show through their clothes.



Some people choose not to wear a bra at all.

This is their choice.

It is important to help your child choose what makes them feel comfortable.

### How to talk to your child about bras.

You can use some of these questions to talk to your child about bras.



- I was talking to your friend's mum

She said your friend has just started wearing a bra

Is this something you would like to do?

- Can you help me sort the washing?



These are called bras

Your mum wears them because she is an adult and has breasts

You will start growing breasts soon

Would you like to try a bra of your own?

- I noticed you seem a little uncomfortable when you play sport



Wearing a bra might make it a bit more comfortable when you play

## How to make wearing a bra easier for your child

You can try some of the things below to make wearing a bra easier for your child.

- Make bra shopping fun

Make it a special trip for just for you and your child.

Tell them this is something only grown-ups like get to do.

It means your child is becoming an adult.

Take your child out for a treat when you go bra shopping to help make it special.



- Get your child fitted for a bra



Getting fitted is when someone measures your chest and back to make sure the bra fits well.

It tells you what size bra to wear.

It makes wearing a bra more comfortable.

Wearing the right size bra is important for keeping breasts healthy.



- Choose a bra that feels good

Some people do not like the feeling of wearing a bra.

They might not like the way the material feels.

They might not like the underwire or the pressure on their chest.



It can be good to try different bras to find one that suits your child.

Some types of bras that your child can try are:

→ wire-free bras

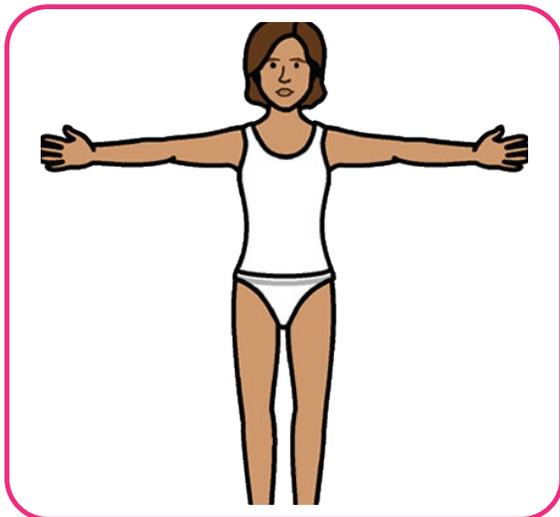
→ seamless bras

→ crop tops

→ bralettes

→ camisoles





- Practice with a singlet or crop-top

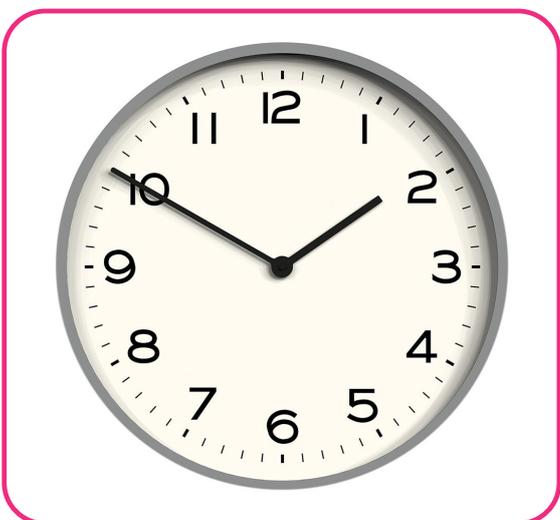
Wearing singlets and crop tops can help your child get used to the feeling of wearing something under their clothes.



- Practice with a bra

Start by wearing a bra for 10 minutes.

Then the next day they might wear it for 15 minutes.



They can wear the bra for a little longer each time.

This will help them to get used to the feeling of wearing a bra.



- Use modelling

Show your child how to put on a bra by putting it on yourself or a doll.

Ask your child to show you what happens next

You can also use pictures to help your child remember how to put on and take off a bra.

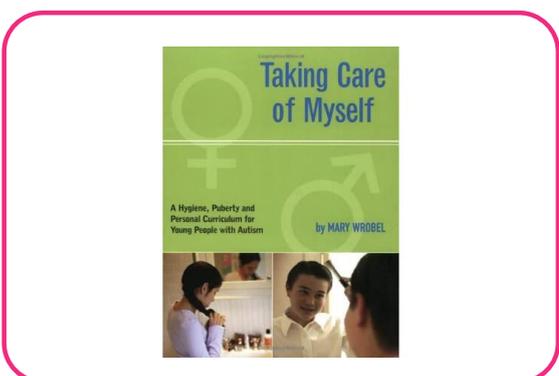
## Resources for you to use



### Putting on a Bra

#### Planet Puberty

<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/Putting-on-bra-V2.pdf>



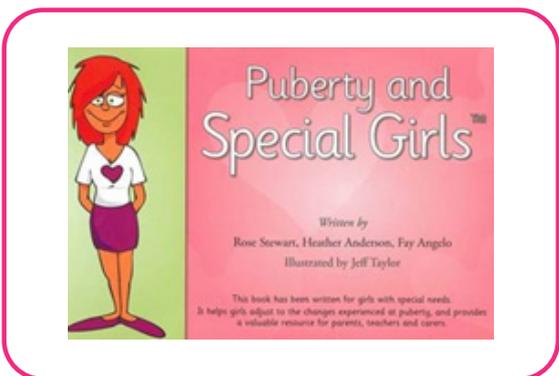
### Taking Care of Myself

by Mary Wrobel



### Special Girl's Business

by Fay Angelo, Heather Anderson and Rose Stewart



### Puberty and Special Girls

by Rose Stewart, Heather Anderson and Fay Angelo



## Five Simple Steps to Finding the Right Bra Size

### Becoming a Teen UK

<https://www.becomingateen.co.uk/advice-blog/articles/five-simple-steps-to-finding-the-right-bra-size>



## What to read next

- [Hair growth and removal](#)
- [Talking about periods](#)
- [Teaching about differences between girls' and boys' bodies](#)

For more information go to the Planet Puberty website

[www.planetpuberty.org.au](http://www.planetpuberty.org.au)