

# Early Puberty: Parent Observation Checklist

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For educational purposes only. Not a  
diagnostic tool.

Checklist:

## 1. Physical changes

- ☐ Breast development noted
- ☐ Rapid height increase over months
- ☐ Body odour earlier than peers
- ☐ Acne or skin changes
- ☐ Pubic or underarm hair

## 2. Growth & pattern

- ☐ Growth feels faster than expected
- ☐ Clothes/shoes outgrown quickly
- ☐ Growth seems sudden rather than gradual

## 3. Emotional & behavioural


- ☐ Increased emotional sensitivity
- ☐ Body awareness or embarrassment
- ☐ Questions about body changes

## 4. Lifestyle factors

- ☐ Sleep duration < 8–9 hours
- ☐ High screen time (>2–3 hrs/day)
- ☐ Frequent ultra-processed foods
- ☐ Low physical activity

## 5. When to seek medical advice

- ☐ Signs before age 6
- ☐ Rapid progression of changes
- ☐ Vaginal bleeding
- ☐ Headaches or vision changes

 **If multiple boxes are checked**, consider professional evaluation.

