Is Your Child Going Through Puberty Too Soon? What You Need To Know ℗

(NAPSA)—Puberty is a time when the body of young boys and girls begins to change into that of young men and women. Children go through puberty at different times, however; on average, boys begin puberty around age 12 and girls begin puberty around age 10.

But what happens when puberty begins too soon?

If your child shows signs of puberty before age 9 in boys and age 8 in girls, it is considered precocious puberty. The most common type of precocious puberty is known as Central Precocious Puberty (CPP).

According to the National Institutes of Health, roughly 3 million children in the U.S. are affected by precocious puberty, and it is 10 times more common in girls than boys.

Some symptoms of CPP include:

In Boys (appears before age 9):
- Deepening voice
- Enlarged testicles and penis
- Pubic or underarm hair
- Acne

In Girls (appears before age 8):
- Breast growth
- Menstruation
- Pubic or underarm hair
- Acne.

While puberty is part of normal development, children with CPP are at increased risk of not reaching their projected adult height.

Partnering With Your Child's Doctor

Even if your child is showing early signs of puberty, it may not mean that he or she has CPP. However, if you are concerned about the early development of your child, it is important to talk with your child's doctor. Only a qualified health care provider is able to accurately diagnose CPP.

CPP Community: Cookies For A Cause

To educate parents and health care providers about CPP, the National Association of School Nurses in partnership with AbbVie created www.CookiesforCPP.com. On the site, visitors can watch an educational video, take a CPP quiz, sign up for CPP updates and share the page link. Each time someone spreads the word about CPP using the available tools, AbbVie adds cookies to the virtual cookie jar. When the jar reaches 10,000 cookies, AbbVie will make a donation to the National Association of School Nurses.

To learn more about CPP, please visit www.CookiesforCPP.com.