

# The Peri HQ

## Family Meeting Guide

A simple guide to help you explain what's going on, in a way your family can understand.

### 1. Why have this conversation?

Perimenopause can affect your mood, energy, memory, and more, which your family will notice. Talking about it helps reduce confusion, avoids misunderstandings, and opens the door to support and empathy.

*You don't need to explain everything. Just enough so they get what's going on and how they can help.*

### 2. Age-appropriate conversation starters

#### Young kids (5-10):

"Sometimes I feel more tired or grumpy, and it's because my body is changing. It's not your fault - I still love you lots, I just need more rest."

#### Tweens & teens (11-17):

"My hormones are changing, and it's making some things harder - like sleep, energy, and emotions. It's normal, but it can be frustrating. You don't need to fix anything - just know I'm doing my best."

#### Young adults (18+):

"I'm going through perimenopause - it's a hormonal transition that affects sleep, mood, memory and more. I might act differently sometimes, but it helps to talk openly so we can all adjust together."

### 3. How to explain changes (without oversharing)

You don't need to go into detail. Focus on:

- What's changing (e.g. tiredness, emotions, focus)
- That it's temporary, not personal
- That you're not asking them to take on your burden - just to be aware

**Example:** "I might need more quiet time or help around the house. It doesn't mean I'm upset with you - it's just how I'm managing things right now."

#### **4. Setting new household expectations**

This is a good time to adjust how things run at home, together.

##### **Ideas to bring up:**

- “We’re going to keep mornings a bit calmer: less rushing, more quiet.”
- “I might ask for help with dinners or laundry sometimes. Let’s share the load more.”
- “Let’s all try to be kind and take breaks when we need them, not just me.”

**Make it a two-way conversation:** “Is there anything you’ve noticed or would like to change too?”

#### **5. Final tip**

You don’t need to have one “big talk.”

Start the conversation, keep it light, and check in again when it feels right.

The goal isn’t to get everyone to fully understand perimenopause - just to build a bit more awareness and support in your daily life.