

Managing your daughter's periods

Preparation

Prepare your daughter well in advance of her starting her periods

- ✓ Familiarise your daughter with sanitary products, let her look and feel them. Some girls benefit from wearing pads a few times before their period starts so they get used to the feel! Start off just wearing them for a short period of time and build it up so that when her period does start she's already got used to the feel
- ✓ Read her the Social story. This should be repeated many times! It's important to be aware of your tone of voice when talking about periods, if you're uncomfortable your daughter will realise
- ✓ If an appropriate person feels comfortable showing their period management, e.g. Mum, this can be a very good way for your daughter to learn. Even just saying things like I've got my period at the moment can be helpful.



Tips for managing periods:

- ✓ When your daughter first gets her period she may have accidents and get blood on her clothes or the floor. Reassure her it's perfectly normal. Don't reinforce negative reactions to the sight of blood, model a calm response
- ✓ Make sure you send her to school with spare pants and trousers
- ✓ Write on a calendar when her periods are so you can begin to track when they might be and so your daughter can begin to understand when they might arrive. Use a visual for this e.g. colouring her period days in red.
- ✓ Be aware she might be in pain and may not be able to express this. Consider giving her pain relief when she gets her period or using hot water bottles and baths. This pack contains visuals so she can begin to request these
- ✓ Keep a list of activities she enjoys and save some of them for when she has her period to direct attention away from the discomfort
- ✓ Make sure she has enough rest and sleep and be aware that her mood may change and this is not her fault
- ✓ Changes to the environment a few days before her period is due may help to signal to her that her period is due. E.g. playing soothing music at home or using relaxing essential oils in the evening
- ✓ Talk to GP if your daughter's periods are heavy, irregular or appear to be painful



Hot water bottle



Information about sanitary Pads

Choosing a pad:

- ✓ Be aware some pads have smells and textures which may be overwhelming to your daughter
- ✓ Look at pads that aren't particularly bulky
- ✓ Consider alternatives to pads, e.g. reusable period pants

Changing pads:

- ✓ Before assisting your daughter with changing her pad tell her what you are going to do and show her the symbol for changing pad. Always do this in private.

Gaining tolerance toward pad wearing:

- ✓ If your daughter struggles to wear the pad and tried to take it off start off by setting very short times to begin with and then extend the time by only a few minutes
- ✓ Show her how long she needs to wear it for using a timer
- ✓ Start practice in one setting e.g. home

Teaching your daughter to change pads:

- ✓ Show your daughter where pads are kept
- ✓ Use the sequence strip in this pack. Stick it on the wall of the bathroom somewhere she can see it.
- ✓ Start by doing all but the last step for her and then guiding her to do the last step. First by using your hands over hers then using verbal prompts and pointing. Then do all but the last two steps for her and repeat
- ✓ You can practice this with your daughter before her period arrives

Extra considerations when choosing a pad:

- ✓ Are the pads in easy to open packaging
- ✓ Would it be useful to have either the top or sticky side of the pad identifiable? Some brands have a coloured marker strip



[Print, cut out and laminate the changing my pad visual aid from this website]

<https://www.nhsggc.org.uk/media/245920/visual-aid-for-managing-periods-changing-my-pad.pdf>



Hot water bottle



Medicine



Bath



Change pad

[Will be printed, cut out and laminated]

[Social story]