



PARENT TOOLKIT

Periods



Starting puberty and getting a first period can feel like a big step. This sheet can help you talk with your child in a simple, positive, and supportive way.

How to Start the Conversation

- **Keep it relaxed and natural.** You can bring it up during everyday moments—while walking, driving, or folding laundry.
- **Use simple words.** “Your body is growing and changing” is enough to begin.
- **Stay positive.** Let them know periods are normal and healthy.
- **Encourage questions.** If you don’t know an answer, it’s okay to say you’ll find out together.

What to Explain About Periods

- **What a period is:**
“Every month, your body gets ready for you to grow up and maybe have a baby one day when you're older. If that doesn’t happen, your body lets the extra lining out. That’s called a period.”

- **It's normal:**
“Everyone who has a uterus gets periods. It's just part of growing up.”
- **It's not usually scary:**
“It might feel new or strange at first, but it's something your body knows how to do.”

Signs They Might Be Getting Close to Starting

These changes can happen **months or years** before the first period:

- Breast budding (little bumps behind the nipples)
- Hair growth under arms or around the genitals
- A growth spurt or new body shapes
- Clear or white discharge in their underwear
 (“This is a sign their body is getting ready—totally normal!”)

What Your Child May Feel

Help them know what to expect:

- **Cramps or tummy aches**
- **Mood changes**
- **Feeling tired**
- **Little spots of blood or brownish stains in underwear**

Explain that everyone's experience is different, and all of these are normal

What to Do When the First Period Arrives

- Stay calm and positive:
“This is exciting—you’re growing up!”
- Offer supplies:
Pads are easiest for beginners. Show them how to stick one into underwear.
- Explain how often to change a pad:
“About every 3–4 hours, or whenever it feels wet.”
- Keep a small “period kit” in their school bag:
A pad, spare underwear, and a small plastic bag.

Reassurance They Might Need

- **Periods are not a punishment.**
- **They haven’t done anything wrong.**
- **They can still play, swim, and live normally** (introduce tampons/menstrual cups later, when they’re older and ready).
- **It’s okay if they feel embarrassed—lots of kids do.**
- **You’re always there to help them.**

When to Seek Extra Support

Consider talking to a doctor if:

- Your child starts periods *very* early (before age 8)
- Their pain is severe and not helped by simple measures
- Their bleeding is extremely heavy (soaking through pads every 1–2 hours)

“You’re growing, changing, and becoming more you—and I’m here to help you through every part of it.”