

Helping Your Child Understand Their First Period

A calm, child-friendly guide for parents and carers

1. How to Start the Conversation

- Keep it relaxed and natural.
- Use simple words.
- Stay positive.
- Encourage questions.



3. Signs They Might Be Getting Close to Starting

- Breast budding
- Hair growth under arms or around the genitals
- A growth spurt or new body shapes
- Clear or white discharge in their underwear



5. What Your Child May Feel

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



7. When to Seek Extra Support

- Your child starts periods very early (before age 6)
- Their pain is severe and not helped by simple measures

2. What to Explain About Periods (Kid-Friendly Language)

- What a period is
- It's normal
- It's not usually scary
- It might feel new or strange at first



4. What to Do When the First Period Arrives

- Stay calm and positive
- Offer supplies
- Explain how often to change a pad
- Keep a small 'period kit' in their school bag



6. Reassurance They Might Need

- Periods are not a punishment
- They haven't done anything wrong
- They can still play, swim, and live normally

