

A Period Plan

Talk in your group about ways to be prepared if your period comes unexpectedly.

What can I do to be prepared?

What could I keep with me and where can I store things?

Who could I talk to if I get my period during school?

What can my mom do to support me?

A Period Plan - For Moms

Talk in your group about ways to support your daughter.

What can I do to help my daughter prepare or to be better prepared for an unexpected period?

How can I continue this conversation at home?
Are there teachable moments I can use?

What can I do to help my daughter prepare for life events (sports, overnights at friends houses, etc.) when she has her period?

Who can I talk to if I have questions or if I am feeling overwhelmed?

Period Tricks & Tips

Emergency Bag

- A least 2 extra pair of panties
- Extra pair of jeans
- A long-sleeve sweater or jacket
- Pads, tampons, and panty liners
 - Use a discreet cosmetic bag
- Wear dark colored pants during your period
- Talk to your school nurse just in case you forget something

Nighttime Tips

- Get protective sheets
- Use two pads
 - Use a pad with wings and overlap them placing one at the front, one further behind
 - Make a T-shape with two pads, placing one perpendicular at your rear
- Put a dark colored towel or blanket down in case of leakage
- Use menstrual cups
- Have underwear dedicated to wearing at night during your period (wear two pairs if necessary)

Coping With Cramps

- Heating Pads
- Keep to a regular schedule (as much as possible)
- Exercise
- Drink plenty of water
- Talk to your doctor

Laundry

- Very cold water and hydrogen peroxide helps to take out blood stains
- Salt can also act in place of hydrogen peroxide
- Hydrogen peroxide can cause colors to fade
- Try to rub out the stain using one or both before washing
- Keep in mind that the dryer will set the stain in permanently

Interviews

Questions for parents to ask children:

1. What do you feel is exciting about growing up and becoming a teen?
 2. What do you feel is scary about it?
 3. What 3 things do you like about your body or looks?
 4. Is there anything you don't like about your body or looks?
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Questions for child to ask mom:

1. What is your earliest memory about your body changing during puberty?
2. How did you feel about it?
3. What is the hardest thing about going through puberty?
4. What did you like about being a teenager?