

Menstruation – Periods (Advice for Parents)

Start talking early to your child about periods and be patient. Listen to your child's concerns and don't minimise them. You may need to talk about it again and again. Some parents may find it useful to share a book together about puberty. It is important to emphasise that starting their period is normal. There are many interesting books available to purchase online.

As well as bleeding you may need to explain to your child that they may experience pain and feel moody or tearful. Encourage her to keep a diary so that she knows when to expect her next period so that she feels prepared.



Buy some pads and tampons to look at together. Demonstrate and practise putting a pad in knickers and how to dispose of them appropriately when in school prior to her starting her periods. She may need to try several different brands to find one that feels comfortable.

Whilst in school encourage her to change her pad each time she goes to the toilet or consider putting a timer on their phone as a reminder.



Buy some black or dark coloured knickers for when she has a period. This will avoid her becoming worried about staining her knickers. Consider buying a small zip type bag to keep spare knickers and sanitary pads when in school.