Launch

How to best support girls with their menstrual cycles?

Summary

- Why this is important?
- Main ideas.
- Explore resources and handle social stories.
- New technology to the rescue
- More information and helpful websites.
- Questions

Why this is important?

No child can concentrate on lessons unless their basic needs are met and girls are likely to be distracted from their learning if they have not been sufficiently supported to ensure they are both physically and emotionally comfortable and coping well with their monthly periods.

Main ideas

•Introduce the topic of menstruation early:

- •Allow time to become familiar with the vocabulary around menstruation and practice routines.
- •Have the child wear a pad from time to time to get used to the feeling of it.
- •Teach how to put on a pad and proper disposal of pads. Let her choose what she wants to use. Nowadays, there are more options than when we first got our periods.

Main ideas

• Social story:

- Social stories are individualized short stories that describe what will happen and explains the reason for that very clear.
- Social stories need to be individualized for each child
- We need to reread social stories. We can make social stories part of the routine (is more unlikely to forget about it)
- Keep reading even if is not looking at the pictures.

Main ideas

Use positive language:

- Our own attitudes around menstruation can influence how our girls feel about it too.
- Preparation and demystification of the process is key to easing anxiety.

Main ideas

Call things and body parts by its name

- Our students don't understand metaphors.

When you say down there, they don't understand what you mean is the vagina.

Main ideas

Use visual aids:

- Display instructions of how to change their sanitary products on the toilet.
- Introduce the 28-day cycle calendar once menstruation has started to build in awareness and predictability of when menstruation will happen.
- It's possible that at the beginning the periods are not regular, this is normal, but you can speak with your GP about it.

Main ideas

Talk about social rules:

- It’s fine to talk about menstruation, but there is a time and place.
- Teach those boundaries early. It is something you don’t announce each month to everyone! Establish what is socially acceptable.
- You can have pictures of people witch it’s socially acceptable to talk about periods.

Main ideas

Practical preparations for periods

- Your daughter will also need to know what pads, cloth pads or period knickers look like and how to use them. You know your child best, so you'll be able to decide which sanitary product will be best for her.
- Is important for your daughter to have a go wearing pads, to get use to the feeling.
- If after a period of time you think she is not coping with product you chose you can change and give her to chose once she tried both.

Main ideas

Video:

Preparing for periods

Explore resources

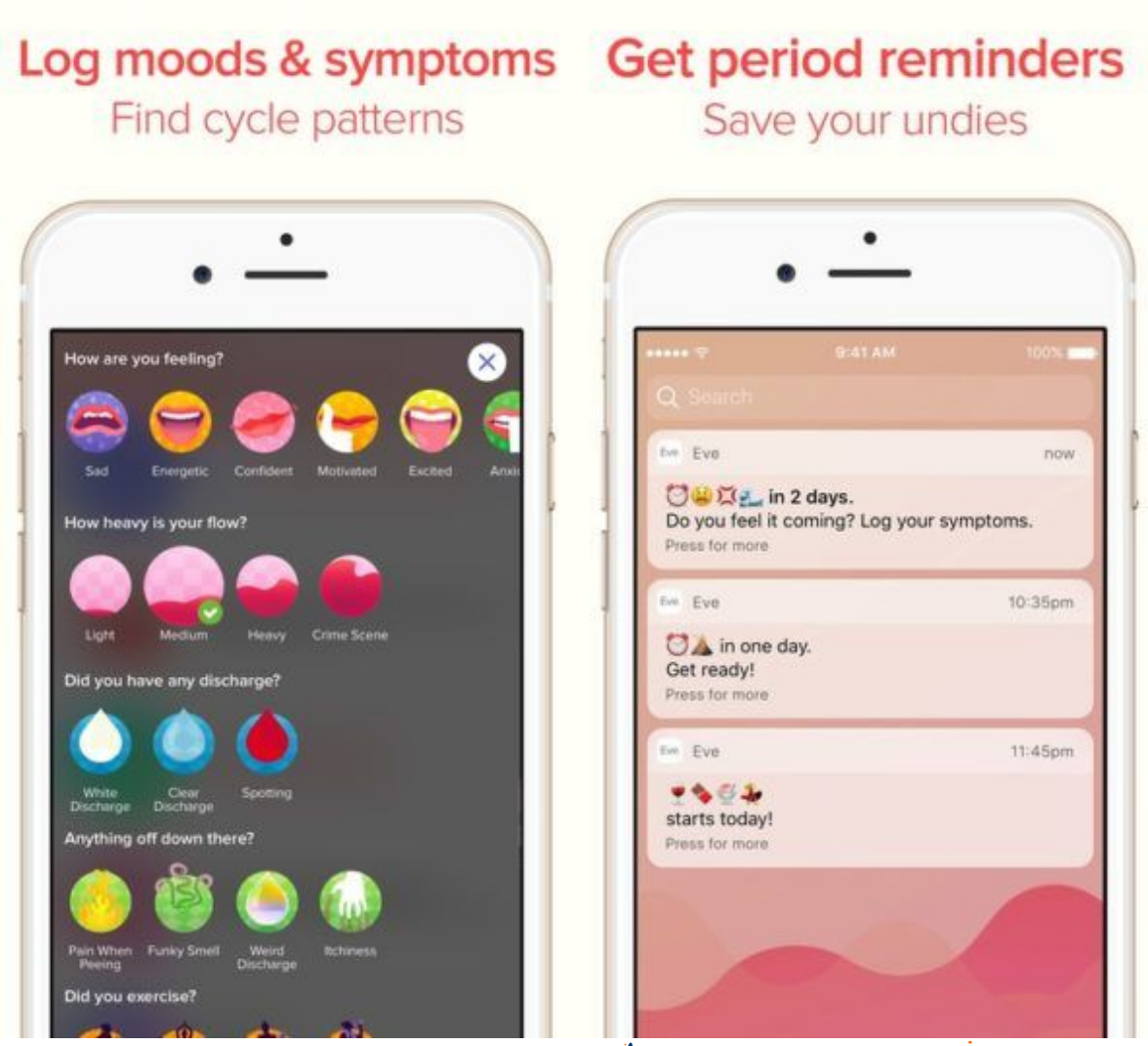
PADS

CLOTH PADS

PERIOD KNICKERS

New technology to the rescue

- **Eve:** Eve is more like a wall covered in stickers. It reminds you of your cycles in emoji-laced notifications, and every log is a colorful drawing rather than plain old text.

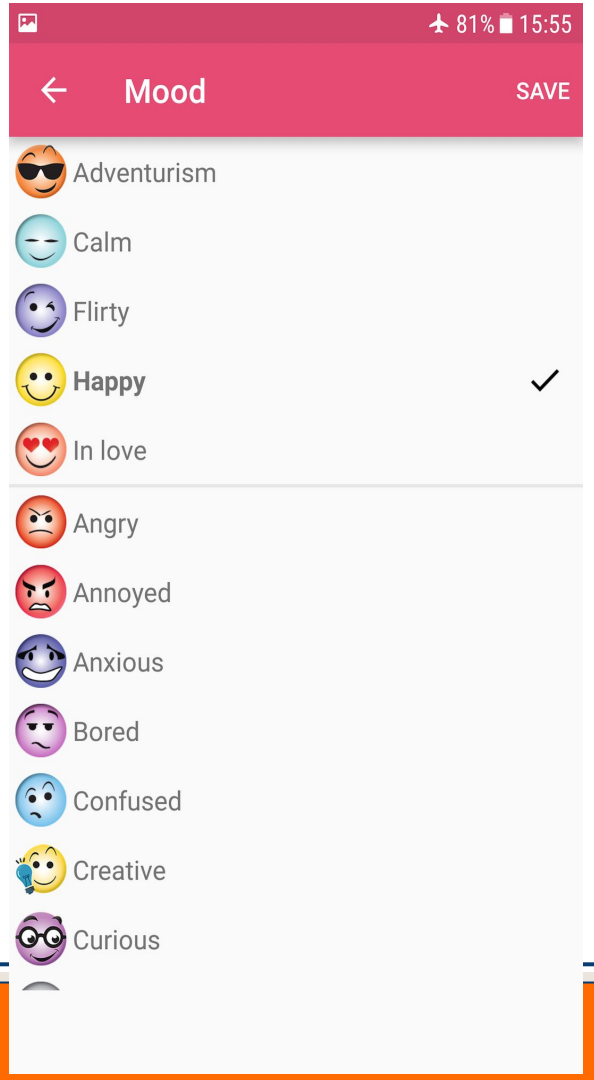


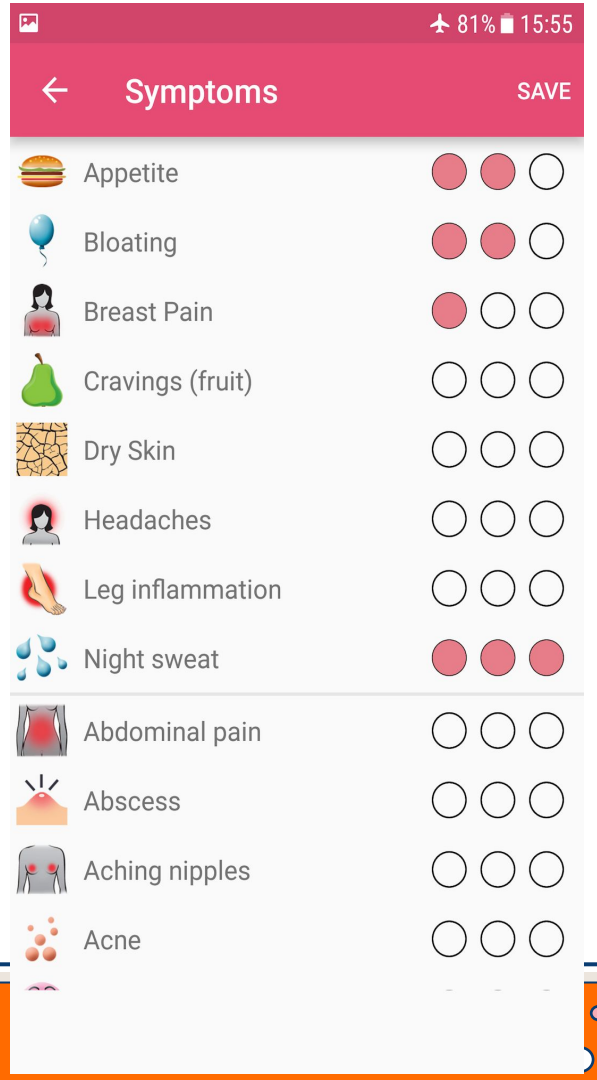
New technology to the rescue

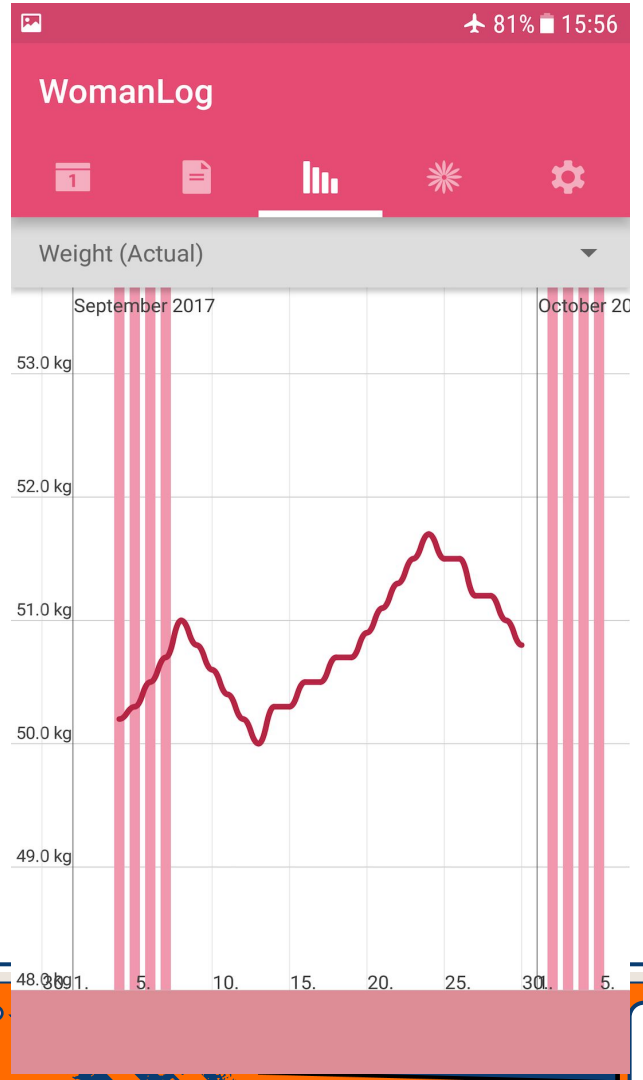
- **Period Tracker:**
  Period Tracker is a straightforward calendar where you can add everything by day.

New technology to the rescue

Woman log: WomanLog is a menstrual calendar for women.

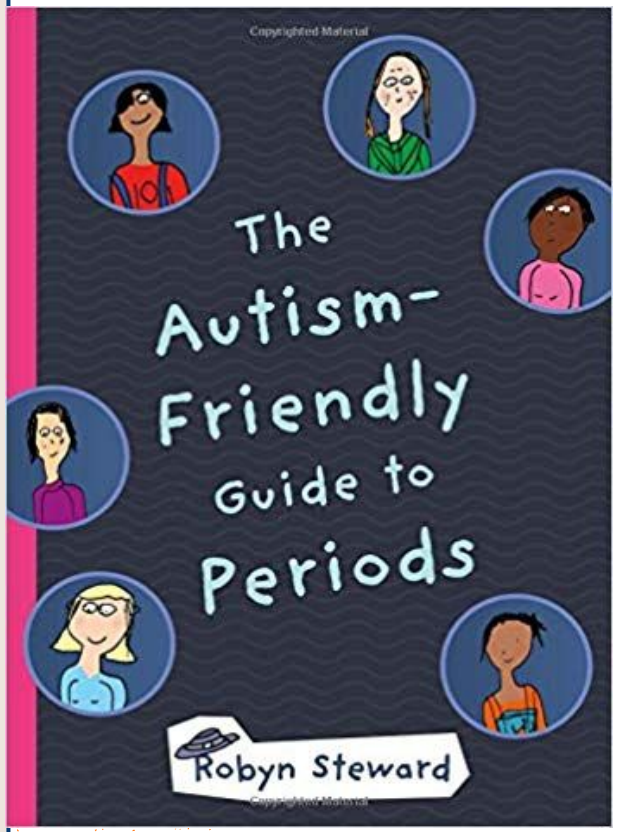


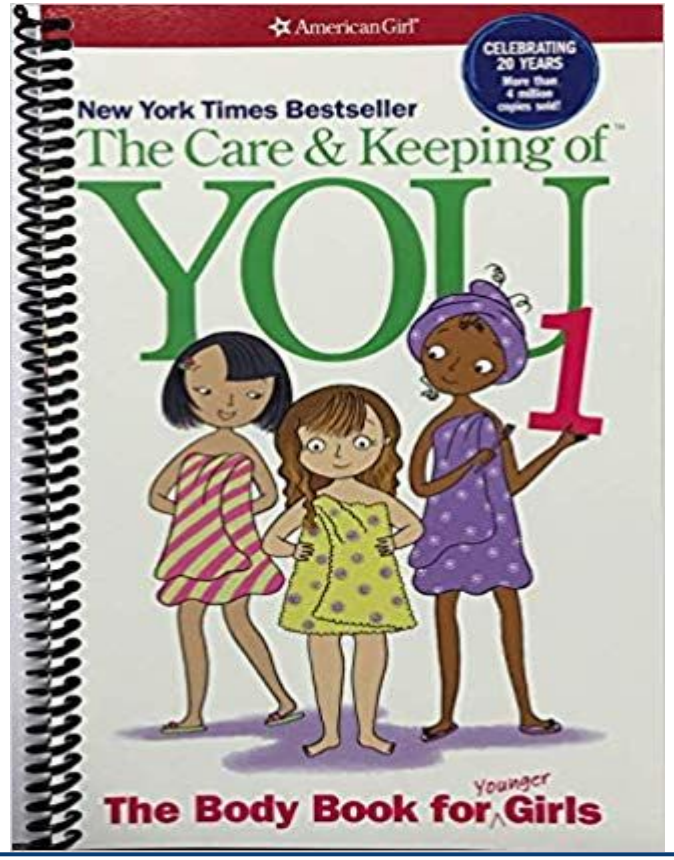


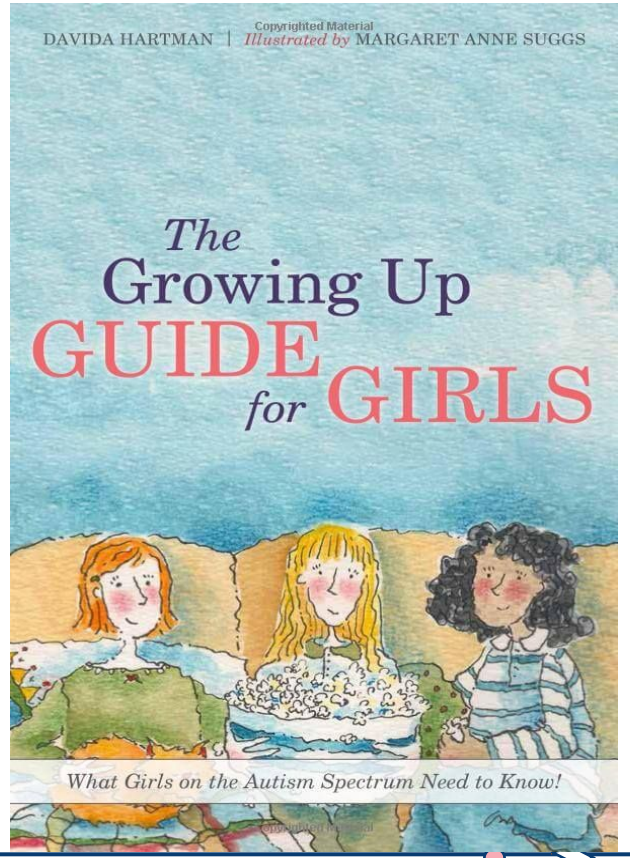


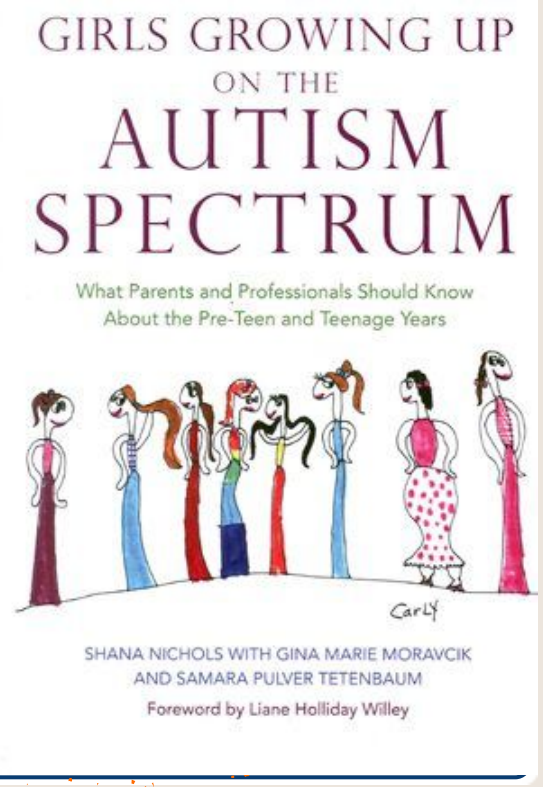
More information and useful websites:

- **BOOKS:**









More information and useful websites:

- **Websites:**

https://kidshealth.org/#catboy
https://raisingchildren.net.au/
https://autismawarenesscentre.com/
https://www.aboutkidshealth.ca/
https://www.friendshipcircle.org/blog/
https://www.beprepareedperiod.com/

Questions

Thank you
Launch
FUNKY TUNES
READY?
ALWAYS
BE AWESOME
Science
INVADE