

Period & Puberty Preparation tips for Parents

Honest

Be 100% honest in an age appropriate way.

Playful

Practice playfulness, humour can reduce fear and make talking about difficult things easier.

Positive

Create a period positive household by talking openly about periods & puberty and having products on display.

Normalise to destigmatise

Menstrual shame is damaging for all. Share stories of your own transition into puberty, the good and the bad. Kids love to hear your story.

Prepare

Create a period kit together to pop in your child's bag so they won't be caught short. Period pants are a great option when you feel things are starting to change.

Celebrate

Perhaps a ceremony / special event / little gift to mark this rite of passage. What would you have liked to mark your transition?

Gentle

Go gently with your child, you know them best and their pace. And go gently with yourself, this stuff can be triggering.



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