

Period Activities

Changing Pad/Period Pants/Tampon Chart and Symbols

Using the changing chart, use the days of the week and symbols to indicate when your child needs to change their pad, pants or tampon. For example, Monday change/check pad, pants or tampon after breakfast then after snack etc.

Period Calendar and Symbols

To help your child understand they will have a period every month, use the calendar to show them when their period will start.

You could also use the calendar to show your child how long their period will last.

Changing Pad/Period Pants/Tampon Sequence Cards

These cards can be used to help your child understand what to do when they need to change their pad, pants or tampon and in what order.

Try mixing the cards up and asking your child to put them in the right order. Discuss with your child why it is important to follow the right order.

Claire's Story

Claire starts her periods.

This is a resource for you to adapt and use as you feel appropriate for your young person. There are several pictures and some ideas about what you could discuss.

Social Stories for Periods

A social story helps to support memory and can be accessed whenever it is required. It helps them to access information and reduce anxiety.

You can sit and read it with your child frequently. They may then look at it independently. Having it readily available helps.