

Things to Pack in a...

# PERIOD KIT FOR YOUR PRETEEN

If your daughter is approaching her first period, it's best to help her be prepared for it. A girl's first period can be a daunting thought. Getting caught without products to take proper care of herself is every girl's worst nightmare. The peace of mind of having a kit ready to go can make a world of difference! Here's what we recommend keeping nearby for when that time comes!



## SPARE UNDERWEAR



## PLASTIC BAG

For Soiled Clothes



## PERIOD UNDERWEAR



## LEGGINGS OR SHORTS



## PADS



## FLUSHABLE WIPES



## PAIN RELIEVER

Ibuprofen, Acetaminophen



## CHOCOLATE OR MINTS



## AN ENCOURAGING NOTE FROM HOME

When you give this to your daughter, talk to her about it. Walk through each item in the kit and explain how to use them. Periods are scary at a young age, so do your best to comfort her and show her that what's happening is natural and healthy. The best thing you can do for her is make it feel normal to talk about openly.

Oftentimes fear around menstrual cycles comes from not being comfortable talking about them. Check in with her periodically, talk about other signs or changes in her body that might be foretelling of her cycle getting ready to start. Most importantly, make sure she knows that her body was made by the Most High King!