

Talking about periods



Talking to your child about periods can be hard.

You might be worried about:

- what to tell your child
- how to explain periods to your child
- being embarrassed



A lot of parents and carers feel this way.

This is OK.

The good news is there are lots of different ways to talk to your child about periods.



What is on this page?

This page is about different ways you can talk to your child about periods.

It has information on:

- when to start talking about periods
- what to tell your child about periods
- how to start talking about periods
- being positive about periods

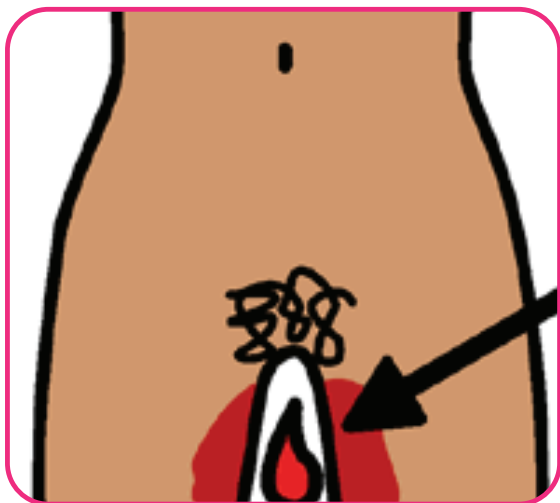


When to start talking about periods

It is good to talk to your child about periods when they are young because:

- it gives them lots of time to learn about periods
- it tells them that periods are part of growing up
- it can help them feel more prepared when their period starts

You can use picture books and social stories to help your child learn about periods.



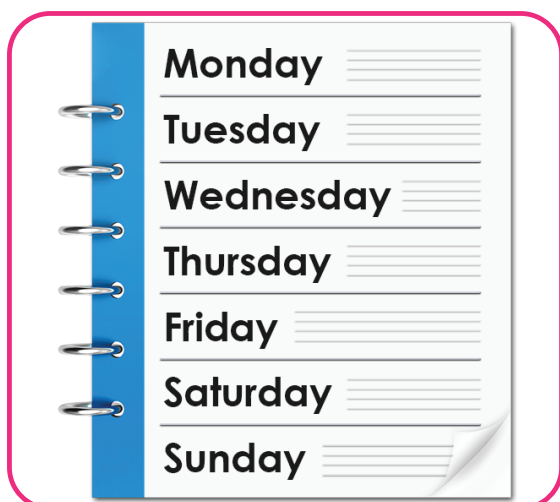
What to tell your child about periods

There is a lot of information about periods.

Sometimes it can be hard to know what to tell your child.

Some of the information you can start with is:

- a period is when blood comes out of your vagina. It is a normal part of growing up
- the blood can come out for 3-7 days and nights, every month
- you might need to wear something in your underpants to stop the blood getting on your clothes





- if blood gets on your clothes or if your tummy hurts tell an adult you trust
- it is good to talk to people you trust about your period

When your child starts their period it can be good to talk to them about the different period products they can use.



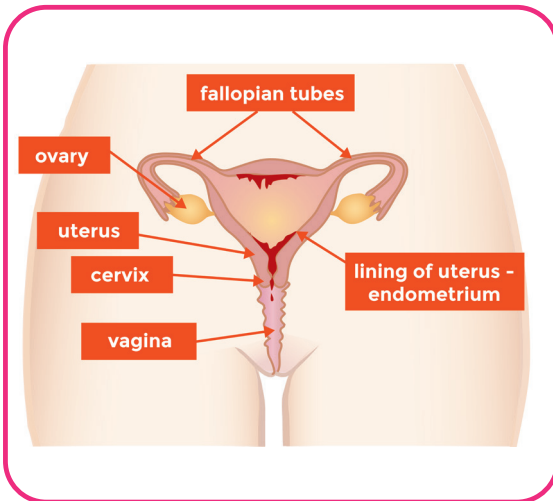
To learn more about different period products, go to: [Period Product Options](#)

If your child wants to know more about periods you can tell them:

- a period means that a woman's body is ready to have babies
- a thick lining will grow in the uterus.

This takes about a month





- once a day every month, a tiny egg will come out of the ovaries and travel to the uterus
- if a man and woman have sex, a man's sperm can go into the woman's vagina.

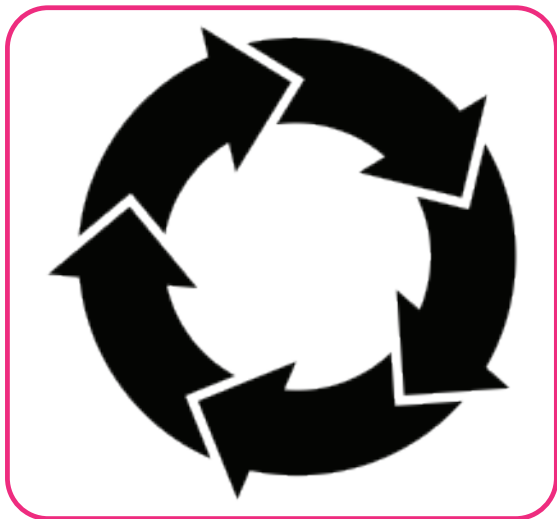
The sperm then travels up into the woman's uterus and fallopian tubes.

If the sperm meets an egg, a baby might start to grow.

This is called fertilisation

- if there is no sperm to meet the egg, the egg will not be fertilised.

The lining of the uterus will come away and flows out through the vagina



- when the period finishes, the cycle starts again.

This should happen every month

- periods will stop when a woman starts menopause.

Menopause can start when a woman is around 50 years old

All children learn differently.

Your child might learn quickly or slowly.

This is OK.

You can help them to learn in a way that suits them best.



How to talk about periods

Sometimes it can be hard to talk about periods.

You might not know what to say.

Here are some examples of things you can say to start talking about periods.

- Look at this photo from when you were little.



You have changed so much.

How have you changed?

- Do you see those brightly coloured packets on the shelf over there?

They are called pads and tampons.

Some people use them when they have their period.

Have you seen them before?



- Can you please help me put the shopping away?

Please put these pads and tampons in the bathroom drawer.

Do you know what they are for?



You can also use moments in real life to start talking with your child about periods.

You can use real life moments like:

- walking down the aisle at the supermarket and pointing out the sanitary products
- having your child's older sibling talk about their period
- your child opening the bathroom drawer and finding the tampons and pads



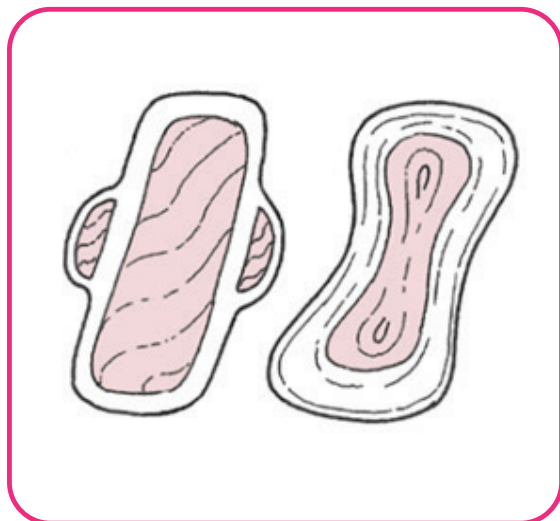
Being positive about periods

Using positive language to talk to your child about their period can:

- make them feel more comfortable with their body
- make them less scared about starting their period
- help them learn that periods are a normal part of being an adult

You might plan a celebration together for when your child starts their period.

This can help them to think about periods in a positive way.



Resources for you to use

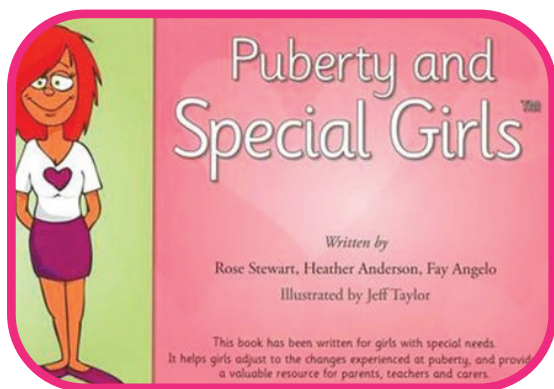
Planet Puberty: Where do babies come from

www.fpnsw.org.au/sites/default/files/assets/factsheet_07_periods.pdf

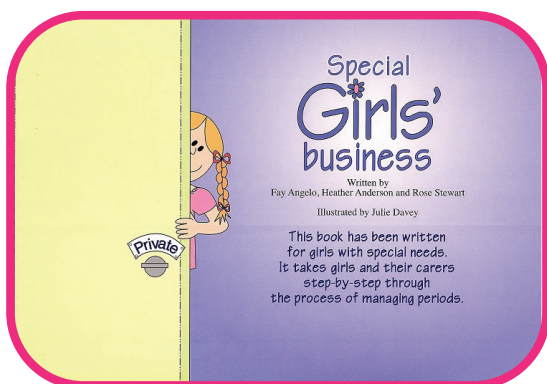


Body Talk: Girl's Stuff

bodytalk.org.au/puberty/girl-stuff/

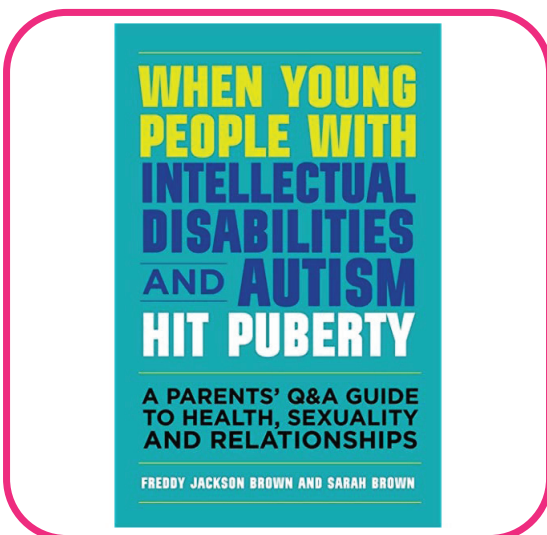


Puberty and Special Girls Business
by Heather Anderson, Fay Angelo
and Rose Stewart



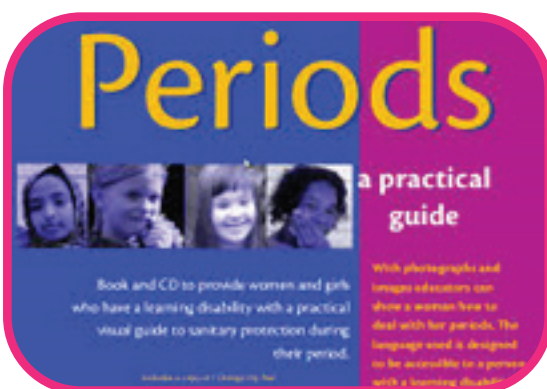
Special Girls Business

by Fay Angelo, Heather Pritchard
and Rose Stewart



When young people with intellectual disabilities and autism hit puberty

by Freddy Jackson-Brown and
Sarah Brown



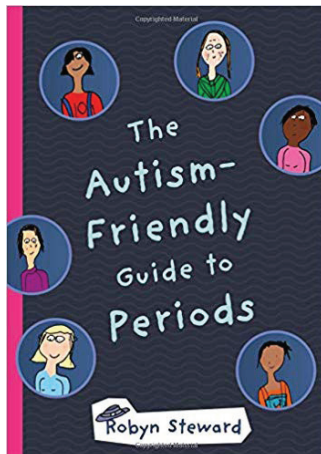
Periods: a practical guide

by Me-and-Us



Tara Grows Up (DVD)

by IHS



The Autism-friendly guide to periods

by Robyn Steward



Welcome to your period

by Yumi Stynes & Dr. Melissa Kang



Periods and autistic girls: expert and parent tips – Raising Children

raisingchildren.net.au/autism/development/physical-development/periods-autistic-girls-parent-tips



What to read next:

- [Where do babies come from?](#)
- [Period Product Options](#)
- [What is a normal period](#)
- [Using a pad](#)

For more information go to the Planet Puberty website

www.planetpuberty.org.au