

Period Product Options



There are lots of different products that your child can use to manage their period.

It can be good for your child to try different products.

This can help them to find the product that suits them best.

You should talk to your child about periods before talking about period products.

To learn how to talk to your child about periods, go to: [Talking about periods](#)

What is on this page?



This page is about different products your child can use when they have their period.

It has easy read information on:

- pads
- tampons
- period underwear
- menstrual cups
- reusable cloth pads
- continence pads
- how to talk about period products



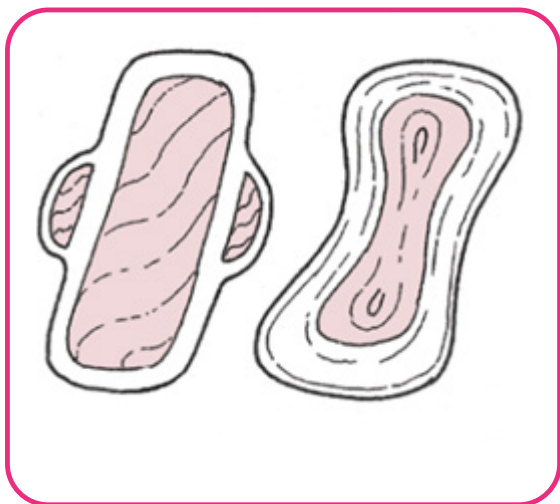
Pads



Pads are made of cotton or other materials and are worn inside your underwear.

They are long and flat.

They have a sticky strip on the back to help them stick to your underwear.

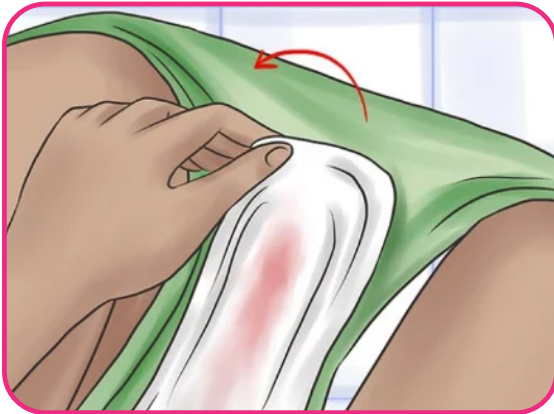


Some pads also come with wings on the side to keep them in place.

Pads come in a lot of different sizes.

Different sizes will hold different amounts of period blood.

Some pads are called 'junior' 'teen' or 'tween' size.



These sizes can be good when your child starts their period for the first time.

Each pad can only be used once.

When a pad is full of period blood, you can throw it away by:

- putting it in a sanitary bin.

Sanitary bins are usually found next to toilets in public places



- wrapping it in toilet paper and putting it in the garbage bin

You cannot flush a pad down the toilet.

It might block your toilet.

To learn more about pads, go to:

[Using a pad](#)

Tampons



Tampons are made of cotton and are put inside the vagina to absorb period blood.

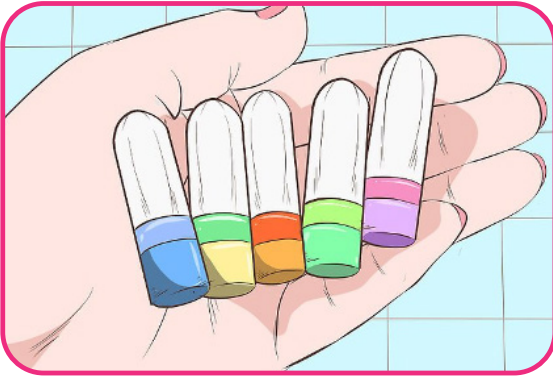
They are shaped like a tube.

Tampons have a piece of string that hangs down outside your vagina so that you can pull the tampon out.



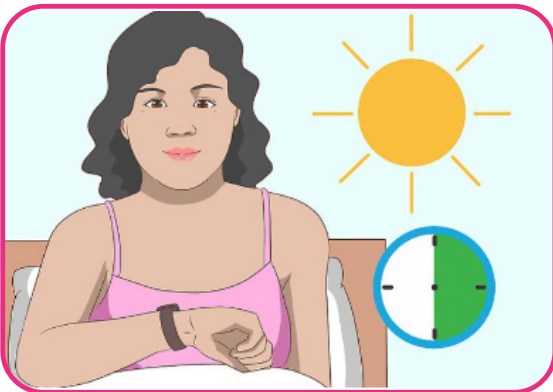
Tampons come in lots of different types and sizes.

Different sizes will hold different amounts of period blood.



Some tampons are 'slim' or 'junior' size.

These sizes can be good when your child starts their period for the first time.



They can also be good if your child is learning how to use tampons.

It is important to change a tampon every 4-8 hours.



You should always wash your hands before and after changing your tampon.

Each tampon can only be used once.

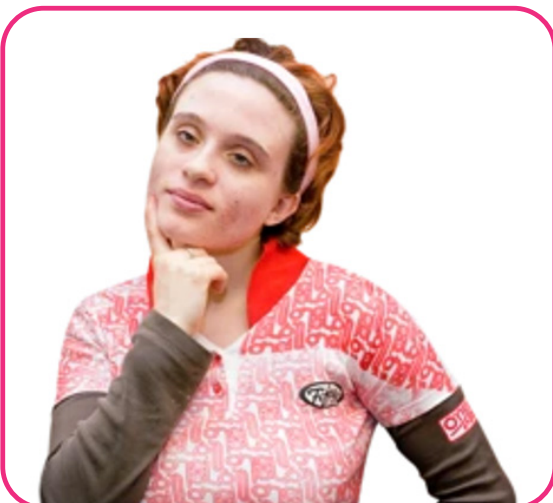


You can throw away a used tampon by:

- putting it in a sanitary bin.
Sanitary bins are usually found next to toilets in public places
- wrapping it in toilet paper and putting it in the garbage bin

You cannot flush a tampon down the toilet.

It might block your toilet.



To use a tampon, a person will need to be able to move their hands well.

They will also need to feel comfortable with touching their vulva and vagina.

Tampons can be hard to use.

This is OK.

To learn more about using tampons, go to: [Using a Tampon](#)

Period Underwear



Period underwear is made with fabrics that absorb period blood.

They can be worn like normal underwear.

There are lots of different sizes of period underwear.



Different sizes will hold different amounts of period blood.

Period underwear needs to be rinsed and washed at the end of each day.

When they are dry you can wear them again.

Menstrual cups

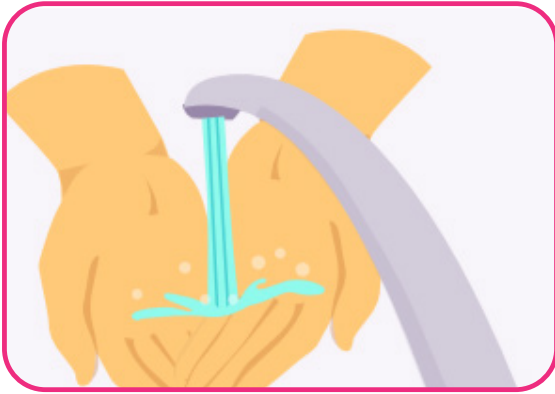


Menstrual cups are small, soft, funnel shaped cups that go inside the vagina.

They sit inside the vagina and catch period blood.

Menstrual cups can stay inside the vagina for up to 12 hours.

You can wash the menstrual cup and use it again.



The steps for putting in a menstrual cup are:

1. wash your hands
2. wet the rim (top circle) of the cup with water or water-based lube

3. fold the cup in half



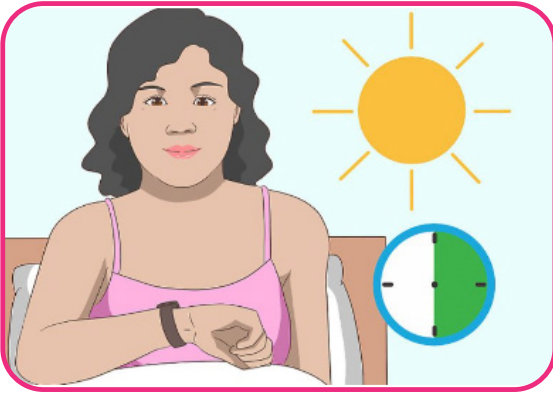
4. fold in half again so the rim (top circle) of the cup looks like a 'C' shape

5. put the folded rim of the cup into the vagina



6. push the cup gently into the vagina with your finger

7. when the cup is inside the vagina let it open to catch the blood inside



You can put a menstrual cup in at home in the morning and change it when you get home at the end of the day.

This means they can be good to wear to school or work.

To use a menstrual cup, a person will need to be able to move their hands well.



They will also need to feel comfortable with touching their vulva and vagina.

Menstrual cups can be hard to use.

This is OK.

Reusable cloth pads



Reusable cloth pads are like normal pads but they are made of fabric.

The fabric in the pad soaks up the blood.

They are different to period underwear because you can put reusable pads on your normal underwear.



Cloth pads have wings that wrap around a person's underwear to keep them in place with Velcro or a clip.

Cloth pads need to be rinsed and washed at the end of each day.

When they are dry you can wear them again.

Continence pads



A continence pad is a type of pad that is used to catch wee and poo.

Some people will wear continence pads because they have trouble going to the toilet.

If your child already uses continence pads they can also be used to catch period blood.



The blood will soak into the continence pad.

They might need to change their continence pad more often when they have their period.

How to talk about period products



It can be good to talk to your child about the different types of period products they can use.

Sometimes it can be hard to talk about periods and you might not know what to say.

Here are some ways you can start talking about period products.



- Look at how many different types of period products are on that supermarket shelf

Which ones do you use?

Are there any you want to try?

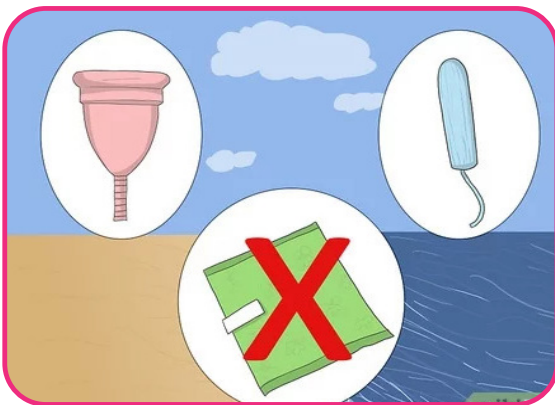


- I know you really like swimming and sometimes you can't go because you have your period

There are some period products you can use and still go swimming

Do you want to try some of those?

- You are getting really good at changing your pad



There are lots of different period products that women use

Would you like to try some different ones?

Resources for you to use



Inserting a menstrual cup

Planet Puberty

<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/Mentral-cup-steps-INSERT-V3-PDF.pdf>



Removing a menstrual cup

Planet Puberty

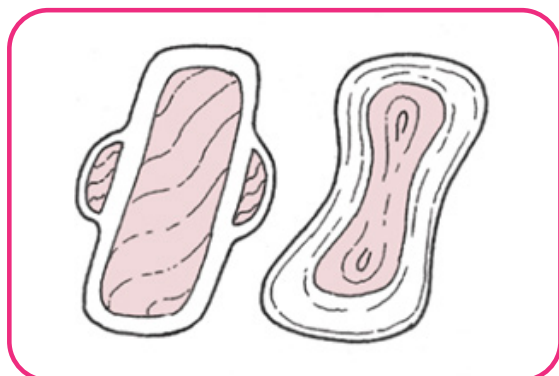
<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/Mentral-cup-steps-REMOVE-V3-PDF.pdf>



Changing a tampon

Planet Puberty

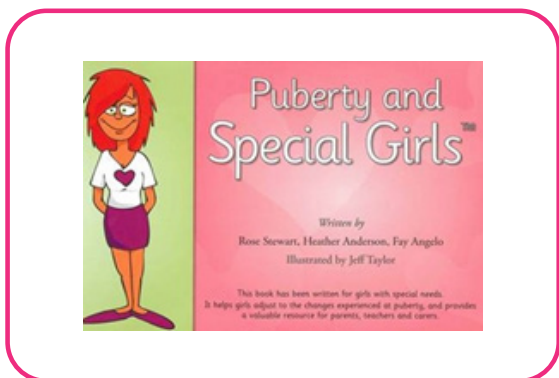
<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/Changing-tampon-steps-steps-F.pdf>



Periods factsheet

All About Sex

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



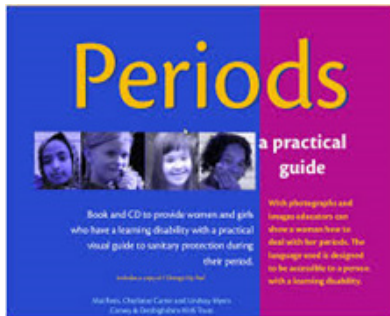
Puberty and Special Girls Business

by Fay Angelo, Heather Anderson,
and Rose Stewart



Special Girls Business

by Fay Angelo, Heather Pritchard,
and Rose Stewart



Periods: A Practical Guide by Me-and-Us



Tara grows up (DVD) by IHC



How to wash a reusable pad

Hannah Pad

[hannahpad.com.au/
pages/washing](http://hannahpad.com.au/pages/washing)



How to use a reusable pad

Precious Stars Vlogs

[www.youtube.com/
watch?v=G6BT5Eecbtw](https://www.youtube.com/watch?v=G6BT5Eecbtw)



How to use a tampon

Becoming a Teen UK

[www.youtube.com/watch?v=rADbgm-
Su37I](https://www.youtube.com/watch?v=rADbgm-Su37I)



What to read next:

- [Using a tampon](#)
- [Using a pad](#)

For more information go to the
Planet Puberty website

www.planetpuberty.org.au