


**Integrated Community Paediatric Services  
Paediatric Occupational Therapy Service**

**Worksheet N**

Managing Periods

Area of Difficulty	Strategy	Tick when strategy has been tried and add comments.
Child is anxious about starting her periods and worried about how she will manage her personal care	There are many useful books that can be read with girls to help them begin to understand the changes to her body. E.g. <a href="https://www.robysteward.com/the-autism-friendly-guide-to-periods">https://www.robysteward.com/the-autism-friendly-guide-to-periods</a>	
	Begin practising with sanitary products before they are needed- ensure your child knows how to open sanitary towels and place them in her pants correctly. Some girls may benefit from opportunities to wear pads from time to time before starting their periods, to get used to the feel of the pad in her pants.	
Child gets messy when changing a sanitary pad	Reassure your daughter that this is perfectly normal and most girls have the same difficulties when they are learning to manage their periods	
	Keep a small pack of baby wipes with her sanitary pads to help with any clean up that is required.	
	Keep a change of pants/trousers and fresh pads in her school bag.	
	Keep a bin in reaching distance of the toilet so that she can dispose of used pads whilst still sat on the toilet.	
Child struggles to sequence the stages of the task	<p>Use visuals: Step by step pictures like those available from websites such as Do 2 Learn can help with learning the steps of the task. Keep the pictures next to the toilet and prompt your daughter to look at the next picture in the sequence rather than telling her what to do.</p> 	

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Child is often unprepared for when her period begins	Help your child keep track of her periods by marking on a calendar when her period starts and ends. This will help your daughter learn to predict when her next period is due so that she is prepared and has pads with her.	
	Keep spare pad and knickers in school bag.	