

A Letter to Parents / Communication Guide

Supporting Your Daughter Through Her Menstrual Journey | periodhub.health

Building Understanding, Trust, and Open Communication

Dear Parents,

Your daughter's first period is a significant milestone in her life. How you respond to this moment and support her throughout her menstrual journey can profoundly impact her relationship with her body, her self-confidence, and her overall well-being.

This guide is designed to help you navigate conversations about menstruation with empathy, accuracy, and openness. Remember, your support and understanding during this time can make all the difference in helping your daughter embrace this natural part of growing up.

*With warm regards,
The periodhub.health Team*

Why Open Communication Matters

Building Trust and Confidence

- ❑ Creates a safe space for questions and concerns
- ❑ Reduces anxiety and shame around menstruation
- ❑ Establishes you as a trusted source of information
- ❑ Promotes healthy attitudes toward her body
- ❑ Strengthens your parent-child relationship

Long-term Benefits

- ❑ Better menstrual health management
- ❑ Increased likelihood of seeking help when needed
- ❑ Improved self-esteem and body image
- ❑ Foundation for future health conversations

Starting the Conversation

When to Begin

- ❑ Before her first period (ideally ages 8-10)
- ❑ When she shows signs of puberty
- ❑ When she asks questions about her body
- ❑ During natural teaching moments

Creating the Right Environment

- ❑ Choose a private, comfortable setting
- ❑ Ensure you won't be interrupted
- ❑ Use a calm, matter-of-fact tone
- ❑ Be prepared with accurate information
- ❑ Have supplies ready to show and explain

Conversation Starter Examples

"I want to talk with you about something important that happens to all girls as they grow up..."

"Have you noticed any changes in your body lately? It's normal and I'm here to help you understand..."

"I remember when I got my first period. I want to make sure you feel prepared and supported..."



Essential Information to Share

Basic Biology

- ☐ What menstruation is and why it happens
- ☐ Normal cycle length and variation
- ☐ What to expect during her period
- ☐ Signs that her first period is approaching

Practical Preparation

- ☐ Different types of menstrual products
- ☐ How to use pads and tampons safely
- ☐ Proper hygiene practices
- ☐ Managing periods at school
- ☐ Tracking her cycle

Emotional Support

- ☐ Normalizing mood changes
- ☐ Discussing body image concerns
- ☐ Addressing fears and anxieties
- ☐ Celebrating this milestone

DO

- Use correct anatomical terms

DON'T

- Be honest and age-appropriate
- Listen to her concerns
- Validate her feelings
- Share your own experiences
- Involve her in product selection
- Check in regularly

- Use euphemisms or shame-based language
- Dismiss her concerns as "no big deal"
- Make it seem scary or negative
- Compare her to others
- Assume she knows everything
- Make it a one-time conversation
- React with shock or embarrassment

Handling Common Questions

"Will it hurt?"

Response: "Some girls feel cramping or discomfort, but it's different for everyone. There are ways to feel more comfortable, like using a heating pad or taking a warm bath. If the pain is severe, we can talk to a doctor."

"What if it happens at school?"

Response: "That's a great question! Let's put together a small kit for your backpack with supplies. The school nurse is also there to help, and most girls go through this - you're not alone."

"Am I normal?"

Response: "Absolutely! Every girl's experience is a little different, and that's completely normal. Your body is doing exactly what it's supposed to do."



Shopping Together

Making it a Positive Experience

- ☐ Let her choose her preferred products
- ☐ Explain different options available
- ☐ Buy a variety to try
- ☐ Include comfort items (heating pad, favorite snacks)
- ☐ Make it feel special, not shameful

Essential Supplies Checklist

- ☐ Various sizes of pads (light, regular, heavy)
- ☐ Panty liners
- ☐ Tampons (if she's interested)
- ☐ Comfortable underwear
- ☐ Small bag for carrying supplies
- ☐ Pain relief options
- ☐ Heating pad or hot water bottle



Supporting Her at School

Preparation Strategies

- ☐ Pack a discreet emergency kit for her backpack
- ☐ Inform her about school resources (nurse, counselor)
- ☐ Practice asking for help confidently
- ☐ Discuss managing symptoms during class
- ☐ Plan for physical education considerations

Communication with School

- ☐ Know the school's policy on menstrual health
- ☐ Establish communication with the school nurse
- ☐ Discuss accommodations if needed
- ☐ Advocate for your daughter's needs



When to Consult a Healthcare Provider

Schedule a Visit If:

- ☐ She hasn't started her period by age 15
- ☐ Severe pain that interferes with daily activities
- ☐ Very heavy bleeding (changing pad/tampon every hour)
- ☐ Periods lasting longer than 7 days
- ☐ Irregular cycles after the first year
- ☐ Significant mood changes affecting daily life

Preparing for the Appointment

- ☐ Track her cycle for a few months beforehand
- ☐ Write down questions and concerns
- ☐ Discuss whether she wants privacy during the visit
- ☐ Reassure her that this is normal healthcare



Recommended Resources

- periodhub.health website resources
- Age-appropriate books about puberty
- Menstrual tracking apps
- School health education programs
- Healthcare provider consultations

This guide is created by the periodhub.health professional team

For more resources visit: www.periodhub.health

Consult healthcare professionals for specific medical concerns