

When you go to the toilet, wrap the used pad in toilet paper and put it in the trash. Put a new pad in your underpants.



When you have your period, or menstruate, it is important that you wash between your legs every day. Wash to feel fresh and clean.

Sometimes, when you have your period, you can feel a pain in your tummy. This pain is called cramps. If the cramps hurt, you can ask your Mom for Tylenol or Midol.



Sometimes, just resting or putting a heating pad on your tummy helps you feel better.



Having your period means you are growing up.