

How To Talk To Girl On Her Period

The Perfect Period Talk - Mili J Pu 2021-08-21

Most parents usually finds it hard to talk to their daughters about periods. It is a subject which many feel uncomfortable and awkward with it, but the truth of the matter is that this was an essential topic in every woman's life. This book will provide parents with important questions to help them engage in conversations with daughters about periods, and it includes helpful tips on how to have a conversation with your daughter. The goal of this book is not only education but also empowerment: empowering women who menstruate so that they can make informed decisions about their health and body. This e-book focuses on the different parts to puberty from a girl's perspective, including what they are likely to experience and when. It will also give mothers, as well as fathers, a guide on how to approach sensitive subjects with their daughter, which is what parents say they need. Who needs to read this book? If you are the girl's mother or caregiver. □ If you don't know how or when to start talking about menstruation. □ If you have had an awkward or unpleasant experience of menarche, and you don't want your daughter to repeat your experience. □ If you are worried about your daughter experiencing negative attacks on body changes and menstrual periods. □ If you want your daughter to have the ability and confidence to prepare for future changes. □ If you want your daughter to have enough knowledge to protect herself in the future. Reading this book will help you: □ Understand the changes in adolescence and know when to start preparing for your daughter. □ Know how to use the knowledge learned to help her daughter through the menstrual period. □ Get multiple ways to support your daughter. □ Change your daughter's life and help her begin to understand her body in a caring and intimate way. □ Start planning how to celebrate her menstruation. Why wait? Kindly

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The Period Book - Karen Gravelle 1997

Explains what happens at the onset of menstruation, discussing what to wear, going to the gynecologist, and how to handle various problems. Suggested level: primary, intermediate, junior secondary.

Your Moontime Magic - Maureen Theresa Smith 2020

Celebrate You! Your Moontime Magic was created to honor and support everything about you! The start of your periods, also known as your moontime, and the transition from your kid-self to your teen-self can be awesome but also overwhelming. Let this book coach you through all things moontime, including physical and emotional changes, self-nurturing, mindfulness, and self-love. You'll be inspired by stories of girls supporting other girls and discover rituals and mythology from many cultures to help you celebrate this special experience. It's time to remove the needless embarrassment around periods so you can rock your monthly cycles! Complete with exercises, crafts, meditations, recipes, and practical advice, Your Moontime Magic provides guidance to care for your changing body and direction for bringing your magical visions to life.

My Body Neatness My Pride - Dr Cecelia Robinson 2022-09-17

Hey girl! let me take you on a journey on Some Facts About Menstruation Menstruation (also called "period" and "menses") is the monthly flow of blood from the uterus through the vagina. Girls have their first menstruation during their puberty when they are about 10-14 years. They then have it about once a month until they reach menopause. Menopause is when a woman stops having periods, meaning she will no longer be fertile and not able to get pregnant naturally (at the age of late

40s to mid-50s). period The menstrual cycle is the time between the first day of a woman's menstruation to the first day of her next. The most common length for the menstrual cycle is 21-35 days, with an average of 28 days. In the first part of the cycle, levels of estrogen increase, causing the lining of the uterus to grow and thicken. Simultaneously, an egg starts to mature in the ovaries, and about halfway into the menstrual cycle (around day 14) the egg leaves the ovary. This is what is referred to as "ovulating". The egg then travels through the fallopian tube to the uterus. If the egg is fertilized by sperm and attaches to the uterine wall, the girl or woman becomes pregnant. If the egg is not fertilized, it will break apart and the thickened lining of the uterus will shed, causing the menstrual blood flow. The bleeding usually lasts 2-7 days and around 5-12 tablespoons of blood are lost during this time. The first years of a girl's menstrual cycle are usually irregular. Pre-menstrual syndrome (PMS) happens in the latter part of every menstrual cycle and is caused due to changes in the levels of hormones. PMS symptoms include bloating, swollen and sore breasts, mood swings, pain ("cramps"), as well as acne. Every woman and girl's PMS is different. Whereas some might have PMS for two weeks, others might have it just for a couple of days, or not at all. Some might feel very moody and not in control of their emotions, whereas others have painful cramps (or both). Your symptoms might also be different from cycle to cycle. Many girls skip school because their cramps are causing them pain and physical discomfort. There are ways to alleviate the pain by applying warmth to the lower belly (a hand or hot water bottle), eating healthy (avoiding high levels of salt, sugar, alcohol, and caffeine), exercising, and practicing relaxing techniques (yoga). Let 's talk about Belief, Myths, Taboos & Stigma Around Menstruation In many cultures all around the world, it is taboo to speak about menstruation, even though more than half of the world's population menstruates. Almost all cultures have some form of beliefs, myths and taboos relating to menstruation. These include unwritten rules and social norms about managing menstruation and menstruating women. For example, in some cultures, women and girls are told that during their menstrual cycle they should not bathe (or they will become

infertile), touch a cow (or it will become infertile), look in a mirror (or it will lose its brightness), or touch a plant (or it will die). Funny enough, right? Also, whereas tampons and menstrual cups can tear the hymen, they will never cause you to lose your virginity, as that requires sexual intercourse. Due to the many cultural and/or religious misconceptions, myths, superstitions, and taboos regarding menstrual blood and hygiene, women and girls are sometimes deemed "impure" during their menstruation. This can have devastating effects on women and girls, who can have control over their own mobility restricted by their family and community. Taboos and stigmatization (i.e. condemning or showing disapproval) have... Major Feminine hygiene tips you need to know, but no more space in this description part... just grab your copy now...

Girl's It's Time for a Change - Joan Reid 2014-10-30

Girls It's Time For a Change is an incredible resource for girls entering puberty and starting their periods. Whether they've already begun their period, or are impatiently waiting, every question they could possibly have is answered with great care and warmth by author Joan Reid. Chock-full of information and covering a multitude of topics, this book is a lifesaver for parents and caregivers of prepubescent daughters. Let's face it. Menstruation is a touchy subject, yet something that cannot be avoided. While one child may be anxiously waiting for the day she starts, another may be full of trepidation and fearful of the changes to come. No worries. The answers are here. Inside you'll find chapters that cover: The Reality Developmental Changes Personal Hygiene What to Wear Who to talk to Tips on which sanitary products to use And so much more Menstruation is a multi-faceted condition, with symptoms ranging from irritability and discomfort to mood swings and migraine. Your daughter doesn't have to face it alone. Not only does the book's content address the emotional aspect of a girl period, it comes complete with diagrams and full-color graphics to clearly explain the physical transformation. Girls It's Time For a Change is a book every girl needs to have in her library. In addition, it includes a Period Planning Calendar and a Diary for keeping track of her feelings throughout the month. For even more information, she'll be encouraged to visit

www.girlsitstimeforachange.com, a website created as a companion to the book."

The Girl of the Period, and Other Social Essays (Vol. 1&2) - E. Lynn Linton 2020-07-14

"The Girl of the Period, and Other Social Essays" in 2 volumes is a collection of essays upon various social subjects written by the British journalist Eliza Lynn Linton, who was a severe critic of early feminism. Her most famous essay on this matter, The Girl of the Period, was published in Saturday Review in 1868 and was a vehement attack on feminism. Linton is a leading example of the fact that the fight against votes for women was not only organised by men. This carefully crafted e-artnow ebook is formatted for your eReader with a functional and detailed table of contents.

Volume 1:

- The Girl of the Period
- Modern Mothers
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- Paying One's Shot
- What is Woman's Work?
- Little Women
- Ideal Women
- Pinchbeck
- Affronted Womanhood
- Feminine Affectations
- Interference
- The Fashionable Woman
- Sleeping Dogs
- Beauty and Brains
- Nymphs
- Mésalliances
- Weak Sisters
- Pinching Shoes
- Superior Beings
- Feminine Amenities
- Grim Females
- Mature Sirens
- Pumpkins
- Widows
- Dolls
- Charming Women
- Apron-strings
- Fine Feelings
- Sphinxes
- Flirting
- Scramblers
- Flattery
- La Femme Passée
- Spoilt Women
- Dovecots
- Bored Husbands

Volume 2:

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- Sweet Seventeen
- The Habit of Fear
- Old Ladies
- Voices
- Burnt Fingers
- Désœuvrement
- The Shrieking Sisterhood
- Otherwise-minded
- Limp People
- The Art of Reticence
- Men's Favourites
- Womanliness
- Something to Worry
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Old Friends

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Choosing or Finding

Local Fêtes

Puberty Talk with Your Teenage Girl Child - Betty C Wilson 2022-09-25

Every young girl needs guidance and teachings about puberty. This book will direct parents on the teachings. As your baby girl starts to advance toward puberty, she will need guidance and teachings about puberty and how her body works, and how to deal with her first period and she is going to need you to be there, she is going to need guidance to journey into the next phase of her life given that she would understand that puberty is merely a temporary phase and that she will soon grow into a lovely woman, Here is a preview of what you learn

- Puberty talk with your daughter
- why bring up puberty with your daughter
- Early puberty challenges
- steps on how to prepare your daughter for her first period

Get a copy today!

Susan's Growing Up - Sheila Hollins 2018-06-11

This is a story about what can happen to a girl when she starts her period. People do not need to be able to read in order to understand the story. Susan does not understand what is happening to her when she finds blood on her sheets and clothes. She does not tell her mother, but goes straight to school. In the playground, other girls giggle and point at the blood stains. Susan doesn't know why they are laughing at her. A teacher notices what is happening and calls Susan aside to explain what menstruation is, and how she should look after herself. Susan's mother provides further reassurance on her return home from school. She shows Susan how to keep herself clean and comfortable. Susan has become a woman, and her mother takes her shopping to celebrate.

The Autism-Friendly Guide to Periods - Robyn Steward 2019-04-18

Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical

professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue. Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

The Period Book - Karen Gravelle 2017-06-20

This bestselling, essential illustrated guidebook for adolescent girls is a trusty friend that can help girls feel confident about this new phase of their lives. What is my period exactly? Do I need to see a doctor? What does it feel like to wear a pad? What if I get my period at school? Karen Gravelle and her fifteen-year-old niece, Jennifer Gravelle, have written a down-to-earth and practical book that answers any questions you might have about your period, from what it is and what it feels like, to how to choose pads and tampons, to how to talk to your parents about it. The Period Book will help guide you through all the physical, emotional, and social changes that come with your period, as well as related issues like dealing with pimples, mood swings, and new expectations from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel, and celebrate the new sense of power and maturity that your period can bring.

Cycling to Grandma's House - Jac Torres-Gomez 2014

Luna has just been assigned a challenging school project: to find the most incredible characteristic about being a girl and then present it to her class. Luna races home to ask for advice from her mother, who suggests she do her project on an experience that Luna shares with other girls all around the world: menstruation. As she summons the courage to talk to other girls and women from various cultures about their first period, she embarks on an exciting journey that will change her life forever. "A beautiful book that gives young girls an inspiring introduction to the subject of getting your first period." - LARA OWEN, author of Her

Blood Is Gold: Awakening to the Wisdom of Menstruation

The Palgrave Handbook of Critical Menstruation Studies - Chris Bobel 2020-07-24

This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?" The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

The Girl in Her Teens - Margaret Slattery 2021-04-25

Written around 1910, this work presents a guide for teachers who work with teenage girls, with a heavy focus on Sunday School teachers. The writer talks about the challenges faced by teenage girls and how to deal with them efficiently. In addition, it will let the readers have a glimpse at women's situation during that period.

Men Speak For Menses - Bhavya Jain 2022-02-14

Creating a dialogue between the men and the society through this book with their experiences and thoughts to make this ideology kataphatic than being expressed as apophatic. This book will add break to all kinds of circumlocutions that are been used instead of saying "Periods". Experiences and different voices together add strength to what is going wrong. Men Speak for Menses, compiled by Bhavya Jain and Vikas Soni brings strength and power to this topic.

Welcome to Your Period - Melissa Kang 2019-08-01

A frank, funny, age-appropriate guide for pre-teens about getting your period, from Dr Melissa Kang (a former Dolly Doctor) and Yumi Styne (all-round excellent woman). Getting your period for the first time can be mortifying, weird and messy - and asking questions about it can feel

even worse. But it doesn't have to be like that! This little book is packed with honest advice on all the things you need to know: from what cramps feel like to whether you can feel it coming out, to what you should do if your pad leaks onto your clothes. Welcome To Your Period includes case studies, first-person accounts and questions from real teens (and answers from real experts - us!) so you can manage your period like a boss. Winner of the 2020 ABIA Book of the Year for Older Children. Longlisted for the 2020 ABDA Best Designed Children's Non-Fiction. Before She Gets Her Period - Jessica B. Gillooly 1998

Offers advice on talking about the physical changes that accompany adolescence.

Growing Up: It's a Girl Thing - Mavis Jukes 1998-09-08

A guide for pre-adolescent girls to the changes that puberty brings to their bodies, including information about menstruation.

The Essential Guide to Puberty in Girls - Stacy Billows 2015-03-22

As your daughter starts to face the changes and challenges that come with puberty - the most trying point of her young life so far - she will need you to be there and guide her. In order to do so, you must equip yourself to talk with her about puberty, her first period, her body's changes, and physical interactions with the opposite sex. This is one of the most important duties you'll have as a parent. You'll need to be

prepared with what to say, when to say it, and how to say it, so that your daughter will know what to expect, she will understand the changes that are happening, and she will be more capable of handling it all. If a young girl is educated about the physical and emotional effects brought on by adolescence, then her chances of turning into a well-adjusted young lady with minimal drama are much improved. This book is a guide for every parent out there who's blessed with a daughter. Now that your little princess isn't so little anymore, it's time to help guide her through this pivotal moment as she journeys into the next phase of her life. If you do it right, she will trust you as a confidant, and this time in her life will be much easier, since she'll realize that puberty is just an awkward stage that will pass and that she will soon become a beautiful, confident woman.

Girls in Power - Laura Fingerson 2012-02-01

A consideration of menstruation in the lives of teenage girls—and in the lives of teenage boys.

Mom and Daughter Talk - Marie Zenack 2012

Feeling tongue-tied now that one's little girl is becoming a woman? "Mom and Daughter Talk" offers a way to read together about bodily changes, about how to feel one's best during her period, and many more topics, presented in a nurturing family context.

How To Talk To Girl On Her Period:

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