Talk it through

Cut out the cards and keep them in a jar. Pull one out whenever the moment feels right. No pressure, no big sit down chat.

FANZY PANTZ

What have you heard about periods at school?

FANZY PANTZ

Would you rather I tell you what to expect, or would you like to read about it first?

FANZY PANTZ

If it came at school, what would make it easier for you?

FANZY PANTZ

Want to pick out your own bag kit together?

FANZY PANTZ

Is there anything you have been wondering about but did not want to ask?

FANZY PANTZ

Do you know anyone who has started? What did they say about it?

FANZY PANTZ

Where would you like us to keep your kit at home?

FANZY PANTZ

Who would you feel okay telling at school if you needed help?

FANZY PANTZ

What would you like me to say, or not say, if your period comes when other people are around?

FANZY PANTZ

My first period was... (finish the story, then ask for hers one day).

Cut along the dotted lines.