



# Thirteen Cool Ways to Celebrate Your Daughters First Period

STORYWISE

Ok, so my version and your version of ‘cool’, may not be your daughter’s version, but she will understand the intent behind your actions, although maybe not for a few decades!

What follows are just a few ideas, there are millions more. I hope this is a jumping off point for you in preparing for your daughter’s menarche – it only happens once in her lifetime, anything you do should feel right for you and her, and even the simplest action, done with honour and celebration, is a world away from nothing.

1 Ask your daughter what she would like to have happen. Lay out some of the options below and see how you go, hopefully you’ll find something that sounds enticing to her. Don’t be at all surprised if she does not want to know about anything else, respect her privacy, and honour her within it.

**2. Talk to her about menstruation and its significance; explain that it is an amazing part of her life that brings her special gifts. Tell her that ‘in times passed a woman's bleeding was considered a cosmic event, relating and connecting her to the moon, the lunar cycles and the tides. She was thought to be at the height of her power at [this time...](#)’**

3. Create or buy a beautiful box and put in it a range of practical things: pads, tampons, cups; a heat bag/hot water bottle, a moon calendar, journal and pen.

**4. Take some time to make her something: a card, an eye pillow, heat bag or hot water bottle cover, a blanket, a cushion, or cover a journal.**

5. Buy her some pretties: moon symbols, moon stone jewellery, moon calendar, other jewellery, gem stones, red things, candles, perfume, bath pillow, bath oils, butterfly symbols.







STORY WISE

6. Put in the box some mind tools: books about girls bodies, poems (eg. poem in praise of menstruation by Lucille Clifton, inspirational quotes, self development books, set of Goddess Guidance, Tarot or other cards.

7. Attend ‘A [Celebration Day for Girls](#)’ with her and/or offer her a ceremony or ritual, a bonfire or party; some gathering where others are invited and she is the guest of honour. It may be called a coming of age if she is more comfortable with this.

**8. Prepare a photo album for printing online (eg snapfish) of her life to date. When she begins bleeding, add to it with recent photos and order it.**

9. Watch ‘Suffragette’ the movie, or find other ways to celebrate the history and achievements of women. Invite any women in her life to think about what they would like to put in the box as a gift.

**10. Food, always a part of a celebration and the way to almost any girls heart: a cake, her favourite meal, chocolates, take her out for lunch or dinner.**

11. Take her to an adult show eg. ballet, opera, or theatre, or a concert or sporting event she’d love. Take her on an adventure, eg. hot air ballooning, rock climbing, camping or something else scary, exciting and challenging. Go on a mother/daughter weekend away. Take her for a haircut, massage, facial or other pampering treatment.

**12. Donate products or money to [Melbourne period project](#), for menstruation supplies and support for homeless women and girls.**

13. Give her new freedoms: Money, a clothes budget or other ways she can have more autonomy; a later bed time, more pocket money, more playdates/sleepovers, late nights. Allow her to have her ears pierced, henna her hands or hair, dye her hair, have days off chores, take the day off school.

If you have questions, ideas or just want to connect, join the Macedon Ranges Growing Girls Facebook Group [here](#). And for a list of select online resources see [www.storywise.com.au](http://www.storywise.com.au)



STORY WISE  
*Make meaning, craft your stories*