



## FIFTEEN COOL WAYS TO CELEBRATE YOUR DAUGHTERS FIRST PERIOD

It only happens once in her lifetime, anything you do should feel right for her, and even the simplest action, done with honour and celebration, is a world away from nothing.

1. Talk to her about 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.
2. Create or buy a beautiful box and put in it a range of practical things: Pads, tampons, cups; a heat bag/hot water bottle, cozy socks, a moon calendar, journal and pen, herbal tea, a cool candle, a cycling bracelet.
3. Make her something yourself: A card, an eye pillow, heat bag or hot water bottle cover, a blanket, a cushion, or cover a journal.
4. Get her some pretties: Moon symbols, moon stone jewellery, other jewellery, gem stones, red things, perfume, bath pillow, bath oils, butterfly symbols.
5. Books about girls bodies, poems (In praise of Menstruation by Lucille Clifton), inspirational quotes, self development books, set of Goddess Guidance, Angel cards.
6. Offer a 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.
7. Prepare a photo album for printing online of her life to date. Make sure you include some photos of special women in her life.
8. Watch 'Suffragette' the movie, 'Period' documentary, 'Monthlies' documentary or find other ways to celebrate the history and achievements of women.
9. Food! A cake, her favourite meal, chocolates, take her out for lunch or dinner to her favourite place.
10. Take her to an adult show eg. ballet, opera, or theatre, or a concert or sporting event she'd love.
11. Take her on an adventure, eg. hot air ballooning, rock climbing, camping or something else scary, exciting and challenging.
12. Go on a Mother/Daughter weekend away. Take her for a haircut, massage, facial or other pampering treatment.
13. Donate products or money to a purposeful period project, or a non-profit that supports women and girls.
14. Give her something personal, a piece of small jewelry, or a small family "treasure" that belongs to you.
15. Have her favourite family members and close friends write a note related to what it means to step into womanhood and put it in a red envelope.