



How Many Periods?

Menopause

Estimated age I will stop my periods

01



Menarche

Estimated age I will start my periods
or age I started my periods



02

03

Children

Estimated number of
children I hope to have



04

Calculate

For each child I can expect not to have periods for about 18 months (1.5 years). This allows 9 months for pregnancy and 9 months (on average and taking account of breast feeding) before my periods resume.

$\times 1.5$

=

Menstruation

Total number of years having periods

05

- =

Period Total

I can expect to have:



$\times 12.25$ =

Average number of periods per year



in my lifetime

06