

10 Tips for Dads

Periods can be challenging. Your help makes it easier.

1. **UNDERSTAND THE PROCESS** of the whole menstrual cycle and common symptoms or problems. Your support if these are troubling is invaluable. Risk becoming a period nerd!
2. **WORDS MATTER**
 - Use and encourage language about periods and premenstrual days to normalize, dignify and promote awareness.
 - While periods can be challenging in many ways, periods don't = period problems. Period problems are health issues and need appropriate attention.
 - Use correct language about body parts from a young age, including vulva, clitoris, vagina and breasts. Nicknames can be fun and friendly after proper names are known and familiar.
 - Be aware of and discuss period bullying and shaming.
3. **WHEN GROCERY SHOPPING** check if anyone at your place needs menstrual products and make sure you know the brand and type. Resist the impulse to bulk buy no-name brands – menstrual products are highly personal and you may be wasting your money. Learn about reusable products: pads, cups, sponges and underwear. Be willing to invest in these if menstruators in your house would like to use them. You'll save a packet!
4. **LEARN HOW TO REMOVE BLOOD STAINS** on clothing, sheets and towels.
5. **PLACE PADS, TAMPONS & A SMALL FLIP TOP BIN** in all toilets and bathrooms that you're responsible for. Don't forget to empty the bin regularly.
6. **PERIOD PREPARATION PACK.** Gather 4-6 pads, new underwear, a wipes purse pack, small freezer bag for blood stained underwear or used pads. Place in a zip up bag for your glove box, backpack or office desk – wherever it might be useful. Expect periods to arrive unexpectedly!
7. **LET HER KNOW YOU'RE PROUD OF HER** when her periods start. Many girls feel especially vulnerable at this time and your endorsement helps her feel grounded, confident and capable.
8. **USE ANY INCREASE IN EMOTIONAL VOLATILITY & SENSITIVITY** to practice empathy and model emotional literacy. Ask if she's feeling *angry, sad, excited* or needs a hug. Listen to understand, restrain the impulse to 'solve' unless specifically invited to and find ways to regularly check in. Take care of yourself too!
9. **CHOCOLATE.** Keep small quantities of good chocolate on hand if this would be popular at your place. Herb teas and heat packs may also be appreciated.
10. **CALENDARISE.** While respecting this is their menstrual cycle to manage, an agreed routine of popping periods into a family calendar will help everyone manage these rhythms and changing needs smoothly.

Join us at Fathers Celebrating Daughters, a 2.5 hour workshop just for dads.
See www.celebrationdayforgirls.com/fathers for more information on in person and online events.