

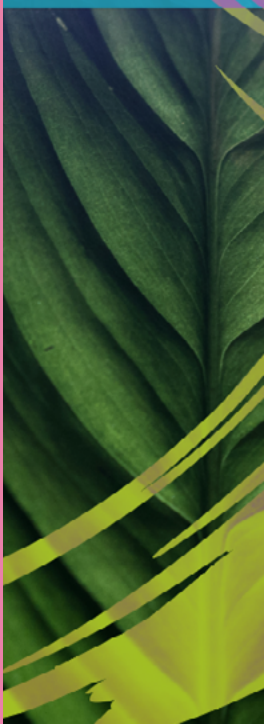
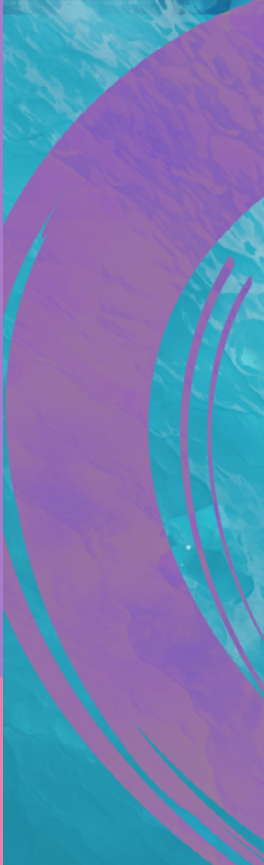


lil-lets.

BREAK *the* CYCLE

Lil-Lets.com

PARENTS CONVERSATION GUIDE



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LET'S TALK ABOUT PERIODS

Starting the Conversation with Confidence

“I want them to **understand their whole cycle**, not just dread one week of it.”



Think back to your own first period chat—was it awkward, rushed, or maybe didn't happen at all? For many of us, periods were something whispered about, hidden away, or left unexplained.

But we can be the Cycle Breakers.

We are the ones making sure our children grow up knowing that periods are natural, healthy, and nothing to be ashamed of. We know that starting this conversation with your teen or pre-teen can feel a little daunting, but trust us—talking openly about periods is a powerful way to build trust and strengthen your connection.

Whether your child is approaching puberty or already experiencing it, these tips will help you prepare for meaningful, supportive conversations.

And remember, this isn't a one-time talk—it's just the beginning of an ongoing dialogue.

What matters most is being:

Open – even if it feels a little awkward at first

Honest – kids appreciate real talk over perfection

Present – give them your attention and a safe space to ask questions

You don't need to have all the answers—just your presence and willingness to talk is already everything.

WHY THIS CHAT MATTERS

Periods are a normal, natural part of growing up.

Even today, periods can still feel like a **taboo topic**—something to keep quiet about, or even feel embarrassed by. And with so much information (and misinformation) floating around online and between peers, your child might be left feeling confused or anxious about what to expect or what to do.

But we can change that.

After all, we're breaking the cycle!

So Lil-Lets start! Having this chat early, when your child is seven, eight or nine years old, **helps normalise it** and turn this chat into a family conversation that is a normal part of everyday life.

Talking openly about periods and puberty helps build your child's confidence and prepares them for the changes ahead. When they know what to expect—and that they can come to you with questions or worries—they're more likely to **feel secure, supported, and empowered** as they grow.

It's also vital that we talk to *all* children—regardless of gender—about periods. When we educate everyone, we help create a more empathetic and respectful environment. Understanding what their peers may be experiencing builds compassion and breaks down the stigma. It's one of the most powerful steps we can take toward raising a more inclusive, informed, and kind generation of cycle breakers.



WHEN TO BEGIN



Children are **naturally curious**, so take advantage of their questions!

If they ask, “What’s that?” when they see your tampons or pads, then use that as your cue!

For those who don’t ask, consider starting the conversation by age 7 to 10, as some children begin puberty as early as 7. Starting early helps them feel prepared rather than caught off-guard.

Lil-Lets make sure you children feel prepared and not afraid.



THIS IS HOW YOU CAN APPROACH IT



Use everyday moments:

If you're unpacking groceries and there are period products, casually mention, "These are pads: people (like Mum/ Sister/ Aunty perhaps) use them when they have their period."



Start small:

You don't have to cover everything in one go. Small, age-appropriate chats over time work best.








Use simple language:

Avoid euphemisms like "the curse" or "that time of the month." Instead, call it a "period" and explain it simply: "It's when the body sheds a small amount of blood from the uterus as part of growing up."







HOW TO APPROACH THE PERIOD CHAT

DOs

-  “Periods are a completely normal and natural part of growing up.”
-  “A period is your body’s natural way of getting ready for the future – just in case you decide to have a baby one day.”
-  “If you have questions, I’m always happy to talk, and there’s no such thing as a silly question.”
-  “Everyone’s experience is different. Some people have light periods, and some have heavy ones.”
-  “Sometimes it hurts. Tell me, you don’t have to suffer in silence.”

DON'Ts

-  Describe periods as gross, disgusting, or dirty. These kinds of words can make your child feel embarrassed or ashamed of something that’s completely natural. We’re here to *break* taboos—not *pass* them on—so let’s use positive, respectful language that helps your child feel proud and confident about their body.
-  Making it seem like periods are something to be hidden or ashamed of.
-  Linking it with “becoming a woman” or adult responsibility. Some children may not identify with that language, and it can feel overwhelming.
-  Focus on problems or use fear based language like “it will hurt”, *Lil-Lets*, make this a positive chat.

THEY'VE STARTED THEIR PERIOD? WHAT TO DO NOW!

How you react matters. Staying calm, positive and supportive will help your child feel capable and in control.

What to say



"That's exciting! Your body is doing exactly what it's supposed to."



"How are you feeling? Do you need help with anything?"



"Let's make sure you have everything you need, like pads and comfortable underwear."

What to do



Offer practical support, like showing them how to use a pad or tampon.



Reassure them that leaks are normal, and it's okay to ask for help at school.



Create a "period kit" for school with pads, spare underwear and wipes.



BOY-MUM? HERE'S HOW TO HAVE *THAT* CHAT

Boys need to learn about periods too! Since about half the population menstruates, it's important they understand it.

Leaving boys out of this conversation can make them confused or unaware. But talking about it is a great chance to help **raise respectful, inclusive boys**—who'll grow up to be better friends, brothers, and partners.

What to say



"People with a uterus menstruate. It's part of growing up."



"Periods aren't dirty. Blood is natural. Periods are a normal process."



"Periods are a natural part of life for about half the people you know. Periods are NOT dirty or embarrassing—they're just a normal body process. Sometimes periods can be uncomfortable, so being kind really helps."



Frame the conversation as part of understanding the human body. **Avoid** language that makes periods seem like a "girls-only" topic.



WHAT'S NORMAL AND WHAT NOT TO IGNORE



What's normal:

- First periods can be irregular. Don't expect a monthly rhythm yet!
- Periods can be a few spots of blood or a heavier flow.
- Period blood can vary in colour - anything from bright red, brown, light pink or dark red is fine.
- Mild lower tummy cramps are normal.
- Mood changes or feeling tired is common.



What *not* to ignore:

- Severe pain or cramping that prevents daily activities.
- Heavy bleeding (soaking through a pad in under an hour).
- Periods that last longer than ten days.

Make an appointment with your GP if you notice your child is experiencing any of the above.



Let's talk period products

Talk about the different products available and help your child find what works best for them. It's not a one-size-fits-all situation.

Lil-Lets has the widest available range of period products, which makes us quite literally the best possible starting point for your child's first period.



Product options

Pads: Great for beginners. They stick to pants and are easy to use.

Tampons: Great once your child understands their flow and cycle.

Pantyliners: great for those lighter periods days.

Menstrual Cups: just like tampons but reusable.

Remember: Tampons won't damage the hymen, which is more like an elasticated scrunchie than a sheath of skin that can be 'broken'.



Health and hygiene tips

- Change products every four to six hours.
- Wash hands before and after changing a pad or tampon!
- Encourage regular bathing or showering. Remind your child that they don't have to wash "inside" of their vaginas, just their labia and vulva.

LIL-LETS ANSWER YOUR FREQUENTLY ASKED QUESTIONS

Q: Will it hurt?

A: “Periods can cause cramping, but not everyone feels them. We can find ways to ease cramps, like using a hot water bottle or stretching, chamomile tea or light exercise.”

Q: How do I know it’s coming?

A: “You might feel cramping or notice discharge before it starts.”

Q: What if I get my period at school?

A: “You can go to the teacher, nurse or even your friend. It happens to lots of people, and you’ll be okay.”

Q: What if I leak?

A: “It happens sometimes, and it’s not a big deal. Keep a spare pair of underwear in your bag, and a period ‘kit’ for those unexpected times.”



WHEN TO SEE A HEALTHCARE PROFESSIONAL OR DOCTOR

It's time to speak to your doctor, school nurse or your local clinic if:



Periods are extremely painful and pain relief doesn't help



Your child soaks through a pad or tampon every hour or less



Periods haven't started by age 16

Encourage your child to **talk to you** about any concerns they may have.



ASK VICKI

We have a section just for Parents of Teens, packed with tips on how to support your child through puberty. Our confidential and easy-to-navigate platform, Ask Vicki on the Lil-Let's website, is a safe space filled with a wealth of expert knowledge where you or your child can ask any and every question about periods and puberty.



LASTLY...

The fact that you've read this far is evidence enough to show that you're ready to learn and do what it takes to make sure your child is **equipped with the info** they need to thrive.

Well done, parents and guardians!

Take it one step at a time. You don't have to have every answer. Your **support and encouragement** are more than enough. If you'd like more information or have specific questions, then why not head to Ask Vicki?

By creating a safe, **open and positive environment** for these conversations, you're helping your child grow into a more confident, empathetic person.

AND THAT'S SOMETHING YOU CAN BE PROUD OF.

VISIT:

 <https://www.lil-lets.com>

