

Helping girls manage puberty

Going through puberty is a challenging time for anyone to navigate, however, when an individual has additional challenges such as sensory processing or difficulty understanding the changes that are occurring as well as the additional self-care skills required the challenges are even greater. This handout aims to provide some additional information on the resources you may need as a parent to support your daughter through puberty.

Books to help

The growing up guide for girls: What girls on the Autism Spectrum need to know!
By David Hartman

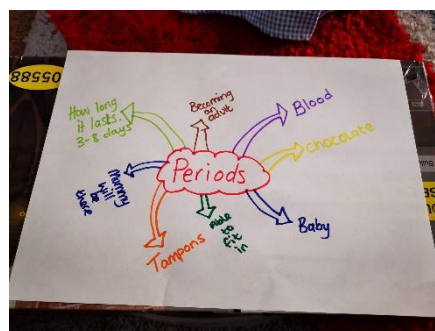
The Girl with the curly hair: Asperger's syndrome and puberty by Alis Rowe

All about us by the Family Planning Association

The smart girls guide to growing up by Anita Ganeri

Mind maps

Mind maps can be used to explore the many different aspects of puberty, including changes to the body, externally and internally, changes to feelings, self-care, period, clothes and emotions. They can also be used to see what your daughter may be worrying about with regards to the changes that she is going through. This can then be used as the basis to help give solutions to what they are worrying about.



Bras

Marks and spencer do a range of seam free underwear including crop tops as well as their sumptuously soft range for transitioning into more traditional bras all within their angel range for developing girls.

Sensory smart website stock two options, the brubeck comfort cotton lady's bra, which is seam free and the smartkidsknit seamless bralette/crop top. Other online retailers also stock seamless bras and crop tops.





Sanitary wear

Period pants – these are essentially leak-proof knickers which are hyper absorbent and have no risk of leakage through to clothes. They can usually be worn all day without needing replacing dependant on flow. They can go straight in the washing machine, usually on a cold wash and then air dry. They are also hygienic as anti-microbial technology is woven into the fabric, so as it absorbs there is no odour.



Modi Body period pants – they have a teen range which are suitable for girls from the age of 8, they also have a 30 day try time so that if they don't work you can send them back. They also do swimwear so that your child can be protected when having swimming lessons or on holiday.

Other brands include: Thinx, Wuka and Flux

Re-usable sanitary towels - Cheeky wipes, the anytime Co. and Floating lotus company amongst others all create re-usable sanitary towels use a popper in the wings to attach them. These are generally made of a similar fabric composition to the knicker including bamboo and cotton. They come with a bag to place the used ones in for them to then be washed.



Traditional sanitary towels and tampons - There are many brands out there and vary in thickness and materials used. It may be that a trial and error method is needed across the brands to find one that works for your daughter.

TOTM – create organic cotton sanitary products, they are fragrance free and have no added chemicals such as synthetic absorbents or chlorine bleach. This reduces irritants and gives a soft product that does not have the pungency of some brands.

Notes:



I will need to use a cloth, pad or tampon so my clothes don't get stained.



When my sanitary pad has blood on it I can change it while I am on the toilet



I will pull it off my knickers and roll it up. Then I will wrap it in toilet paper and put it in the toilet bin or the blue sanitary bin in the school or public toilet.



I will then wipe myself. I can use toilet wipes to do this as well as toilet paper.



It will then put another sanitary pad in my knickers. I will make sure the wings of the sanitary pad are stuck to my knickers to keep my pad in place.



I will then put the sanitary pad wrapping off my new pad in the bin. My sanitary pad will need to be changed regularly.