

Advice for teenage girls

Managing periods



Considerations for managing periods

- Ⓢ Consider using pants with built in pads, e.g. 'Tenalady' (marketed for continence problems but also suitable for menstruation)
- Ⓢ Choose pads with good adhesive.
- Ⓢ Choose pads with 'wings' for extra security
- Ⓢ Choose well fitting, supportive cotton knickers with a wide gusset.
- Ⓢ Use a fabric pen to mark on the knickers where the pad needs to be applied.
- Ⓢ Put the pad in the knickers before putting the knickers on, or sit down on the toilet when applying pads.
- Ⓢ Use feminine hygiene soft wipes for personal hygiene.
- Ⓢ Ensure there is a waste bin in easy reach when sitting on the toilet
- Ⓢ Where appropriate, speak to your GP about medications that manage menstruation flow/frequency.
- Ⓢ Consider whether to wear trousers or a skirt during your period. Some women prefer trousers as they are easier to manage when on the toilet, but others prefer skirts.
- Ⓢ Consider wearing two pairs of knickers to hold your pad in place more securely.
- Ⓢ www.me-and-us.co.uk/ppg/ichangemypad - resource for children.

When putting on a pad

- Ⓢ Sit on the toilet
- Ⓢ Unwrap sanitary towel
- Ⓢ Peel off adhesive strip and stick towel along the gusset of knickers securely, wrapping wings around the back of the knickers
- Ⓢ Stand up and pull knickers up ensuring pad fits snugly and securely in knickers around the front part of the bottom.

Managing Bras



- Ⓢ The best way to find a bra that fits you well is to have a bra fitting in the shop.
- Ⓢ When putting on a bra, there are different techniques you can use:
 1. Put the under band around your waist and fasten at the back. Slip your arms through the straps and pull up onto your shoulders. You can then adjust the cups to fit appropriately.
 2. Put the under band around your waist and fasten at the front. Twist the under band around your waist so that the fastening is in the centre of your back. Slip your arms through the straps and pull up onto your shoulders. You can then adjust the cups to fit appropriately.
 3. Slip your arms through the straps of your bra and onto your shoulders. Reach around your back and fasten the clasp at the centre of your back. You can then adjust the cups appropriately.
- Ⓢ There are lots of bra styles available in the shops from wired and padded to non-wired and sports bras. There are even bras that do up either from the front or back. You can consider trying on a variety to decide which you find most comfortable.
- Ⓢ You should consider how well the bra fits when trying on a new bra. The top tips are:
 1. Ensure the under band is level all the way around your back.
 2. Your chest should be completely enclosed in the cup. You should have a smooth line where the fabric at the top of the cup meets the top of your chest.
 3. If you are wearing a wired bra, you need to make sure the wires at the front lie flat against your breast bone between your chest.
 4. The straps of the bra should not stretch more than an inch from your shoulder.