

MEET LILY!

- 🎵 Music & Dancing
- 💖 Hugs & Kind People
- 🧩 Puzzles & Routines
- ★ Bright Colors & Sparkles! 💖



I may do things
a little differently,
but I have so much
love to give!



I like
building
things!



Bubbles
are
MAGIC!



I love
stories
and
snuggles!



You
are
Amazing!



ONE DAY...

Huh?
What's
this?



Red spots?!



NOOOO!
What's wrong
with me?!



Am I in
trouble?!

Why is this
happening?

Did I do
something
wrong?

Will
Mom be
angry?

I don't
understand!



Lily doesn't know what's happening. She feels scared, confused, and alone. She needs help and answers.





MOM!
I need help!
Something's wrong!



I saw red spots in my underwear...
I got so scared!

Oh sweetheart,
it's okay.
You're safe.
I'm here
with you.



Thank you for telling me, Lily.
It's called your period.
It happens to everyone with a body like ours when we grow up.

**YOU ARE NOT IN TROUBLE.
THIS IS NORMAL.**

- 
It happens once a month.
- 
We use pads to stay clean and comfortable.
- 
I'm always here for you.

Okay... so I'm not broken?

No, baby.
You're not broken.
You're growing,
and that's beautiful.



You are so brave for telling me, Lily. I love you so much!



1ST - DON'T PANIC.

This is a part of growing up. It happens to every girl. It's called your **period**. It happens every month. You're not alone, and it's nothing to be afraid of.



Bleeding usually lasts 4-5 days.



You might have a little discomfort or pain in your tummy for 1-2 days.

2ND - WHAT ARE MENSTRUAL PADS?

Menstrual pads are used to soak the blood. They stick to your underwear to help keep you clean and dry and to avoid spoiling your underwear.



1. Stick the pad inside your underwear.



2. It absorbs the blood and keeps you clean.



3. Change the pad regularly and throw it in the bin.



3RD - KEEP IT PRIVATE.

This is your body and your privacy. It's not something we talk about in public. It's okay to keep it private.



Remember:

- ♥ You are growing. You are strong. You are wonderful.
- ♥ It's okay to ask questions anytime.
- ♥ I will always be here for you.



You are not alone, Lily. This is natural, normal, and nothing to be scared of. I love you, and I'm so proud of you.





WHAT YOU NEED:



A pad



Your underwear



A bin to throw away the used pad

1. REMOVE THE STICKER

On the back of the pad, there is a sticker (the cover). Peel it off gently.



2. STICK IT ON YOUR UNDERWEAR

Place the pad in the middle of your underwear.

Press it down firmly so it sticks well.



Make sure it is straight and stuck properly.



3. CHECK AND FEEL COMFORTABLE

Make sure it feels comfortable and stays in place.

You did it!



I can do this!



4. CHANGE AND THROW AWAY

Change your pad every 4–6 hours or when it is full.

Wrap the used pad and throw it in the bin.

Always wash your hands afterwards.



Great job, Lily! You are learning so well. Remember, it's okay to take your time. You are doing amazing!





Remember, Lily, you should never change your pad in front of anyone. Always go to the toilet or a closed room and do it there. ♡

NEVER DO IT IN FRONT OF ANYONE. ❌



Not in your room when someone can come in. ♡



Not in the living room or any place where others are. ♡

RIGHT WAY – DO IT PRIVATELY. ✔️

Always go to the toilet or a closed room. ☆

1. GO TO THE TOILET



Go inside the toilet. ♡

2. CLOSE THE DOOR



Close the door and make sure you have privacy. ♡

3. CHANGE & CLEAN

- Change your pad. ♡
- Clean yourself well. ♡
- Throw the used pad in the bin. ♡

When you are done, wash your hands and come out. ♡

WHY PRIVACY IS IMPORTANT?

- ♡ It is your body.
- ♡ It is personal.
- ♡ Everyone deserves privacy and respect.
- ♡ It keeps you safe, comfortable, and confident.



Always remember:

- ♡ Go to the toilet or a closed room.
- ★ Close the door.
- ★ Change your pad.
- ★ Clean yourself.
- ★ Throw the used pad in the bin.
- ★ Wash your hands.

Private is smart.
Private is respectful.
Private keeps you safe. ♡



You are learning so well, Lily! Taking care of yourself is a superpower. I will always be here for you, today and every day. ♡



After you change your pad, it is very important to wash your hands. It keeps you clean and healthy!

HOW TO WASH YOUR HANDS – THE RIGHT WAY



1 Wet your hands with clean water.



2 Take soap and rub your hands together.



3 Rub your palms together.



4 Rub between your fingers.



5 Rub the back of your hands and your thumbs.



6 Rinse well with clean water and dry your hands.

WHY IS HAND HYGIENE IMPORTANT?

- ♥ It removes germs.
- ♥ It prevents infection.
- ♥ It keeps your body safe and healthy.
- ♥ It shows self-care and good habits.



WHEN TO WASH YOUR HANDS:

- ♥ After changing your pad.
- ♥ After using the toilet.
- ♥ Before eating anything.
- ♥ Whenever your hands feel dirty.



REMEMBER THIS EVERY TIME:



1. Change your pad in the toilet or a closed room.
2. Throw the used pad in the bin.
3. Wash your hands well with soap and water.
4. Come out feeling clean, fresh, and confident!

GOOD HABITS TODAY, A HEALTHY AND HAPPY TOMORROW!



You can always ask me anything, anytime.



Taking care of your body is loving yourself. You are smart, strong, and capable. I love you always and forever, my girl.





Now let me show you how to fold your used pad in paper and throw it in the dustbin. It's easy and keeps everyone clean and healthy!

HOW TO FOLD AND DISPOSE OF YOUR USED PAD

Always do this in the toilet or a closed room.

WHAT YOU NEED:



Used pad



Piece of paper (usually from the pad cover or tissue)



Dustbin (with a lid if possible)

1 Remove the used pad from your underwear.

2 Fold the pad in half so the dirty side is inside.

3 Fold it again into a smaller size.

4 Take a piece of paper (tissue or the paper cover from a new pad).

5 Wrap the folded pad completely with the paper.

6 Make sure it is wrapped well so it stays neat and clean.

7 Throw it in the dustbin.

8 Close the lid if possible.

9 Wash your hands well after this.

Always keep the dustbin clean. Use a dustbin with a lid if you have one.

NEVER DO THIS: ❌



Don't flush the pad in the toilet.



Don't throw the pad in open places.



Don't show or talk about it in public.



Don't leave the used pad anywhere.

These things are not safe, not clean, and not respectful. ❤️

YOU DID IT!

You have learned an important life skill. You are taking care of your body in the right and responsible way! ❤️



REMEMBER ALWAYS:

- ❤️ Do it privately.
- ❤️ Keep yourself clean.
- ❤️ Wrap the used pad in paper.
- ❤️ Throw it in the dustbin.
- ❤️ Wash your hands.

You are growing up beautifully, Lily! ❤️



Every time you take care of yourself, you become stronger, healthier, and more confident. I am always here for you, my sweetheart. ❤️



MOM TEACHES LILY NOT TO PULL OUT PADS REPEATEDLY

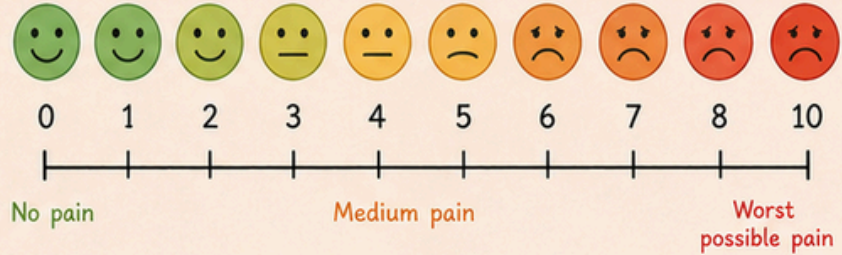




VISUAL ANALOG PAIN SCORE

Look at the faces and numbers below.

Point to the face that shows how much pain you are feeling right now.



LET'S UNDERSTAND IT:

0 - 3
Mild pain

You may feel a little uncomfortable, but you can still do your activities.

4 - 6
Moderate pain

It may be harder to concentrate or do your work. You might need rest or help.

7 - 10
Severe pain

This is strong pain. It can make it hard to do anything. You need help.

WHEN TO TELL MOM?

If your pain is **more than 4**, please tell me right away.

- Pain can feel different every time.
- It's okay to ask for help.
- You are not complaining. You are taking care of yourself.

IF YOUR PAIN IS MORE THAN 4, WE CAN:



Talk about how you feel.



Use a hot water bag or heating pad.



Rest and take it easy.



Drink water and stay hydrated.



Take pain relief medicine if needed (as advised by doctor).

IMPORTANT REMINDERS

- Everyone feels pain differently.
- It's important to listen to your body.
- You are brave for speaking up.
- I am always here to help you.

You know your body best. Never ignore strong pain. Always talk to me. We will take care of it together.



You are doing so well, Lily! I love you so much.



Remember, you are never alone. I am always with you. You are strong, you are amazing, and I am so proud of you!





♥ WHY IT IS IMPORTANT TO TELL ME ♥

Your body is changing. Talking to me helps me take better care of you and keep you healthy, safe and happy.



I can understand you better and support you.



I can get help from a doctor if needed.



It keeps you healthy and safe.



It builds trust and makes our bond stronger.



ALWAYS TELL ME...

IF YOUR PERIODS COME



Let me know when your periods start. This helps us keep track of your cycle and health.



IF YOUR PERIODS DON'T COME



If your periods are late or do not come, tell me. We will find out the reason together.



IT'S OKAY TO TALK TO ME



- ♥ You will never get scolded.
- ♥ I will always listen to you.
- ♥ You can talk to me anytime.
- ♥ There are no silly questions.
- ♥ Whatever it is, we will handle it together.

I am here for you, always.

YOU CAN TELL ME ABOUT:



Pain or cramps



Irregular periods



Late or missed periods



Mood changes or feeling low



Any discharge, irritation or rashes



Hair fall, acne or other body changes



Any worries or questions

No matter what it is, I am here to listen, help and guide you.

You can always come to me.



Open talks make a strong and happy relationship. Always tell me about your periods coming or not coming, or anything that worries you. You are not alone, my love. I am always with you.





Thank you, Mom!
You explained everything
so kindly. You are not just
my mom, you are my
best friend!

I will always be
here for you,
my little star!

LILY NOW KNOWS... ♥

- ♥ Periods are normal.
- ♥ It's nothing to be scared of.
- ♥ Taking care of her body is important.
- ♥ It's okay to ask for help.
- ♥ Her mother is always there for her.

SHE UNDERSTANDS HER BODY BETTER NOW. ♥

She tracks her cycle and takes care of herself like a pro! ♥

SHE IS CONFIDENT. ♥

She knows her body is wonderful and she feels proud of herself! ♥

SHE SHARES OPENLY. ♥

She talks to her mom about anything that worries or confuses her. ♥

THEY ARE BEST FRIENDS. ♥

They laugh, talk, share secrets and support each other always! ♥



Lily is happy, confident and carefree!
She knows she can always talk to her
best friend - her mom!
Here's to strong girls and
stronger bonds!

♥ You are smart. You are strong. You are beautiful.
You deserve love, care and respect - always! ♥

I LOVE YOU, LILY! ♥