



Great ways to continue an open period conversation

Periods are a topic that people often feel uncomfortable talking about. It's important to encourage an open conversation with all members of your household. That way, the taboo will be taken out of the period topic. Here are some great ways to ensure an open period conversation.

I. Speak To All Your Children About Periods.



This is of course age dependent. If your children are of similar ages, this works really well. I remember my brother being present for the period conversation, and it really helped him to understand how I might be feeling, and how he could help. It's important that your whole family can speak openly about periods, this should help your daughter to feel more comfortable around the topic.

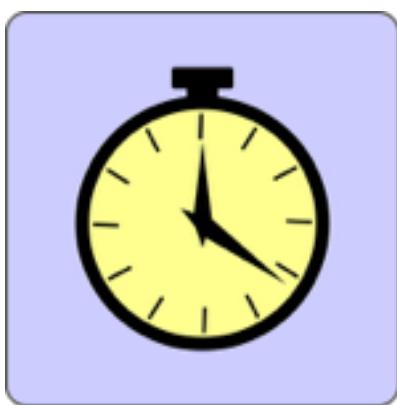
2. Tell Your Story.



No matter how much we prepare, our first period can still be a daunting prospect. I remember my Mum sharing her first period experience with me, and I felt incredibly reassured by this.

In turn, I felt able to talk about my period with her, which I really appreciated. Share your story with your daughter, she may really value hearing your experience.

3. The Time and Place.



Too many times I've heard the words: "Periods are private and should not be discussed as you may embarrass other people." This attitude can be unhelpful and may result in girls not asking for help if they need it.

Similarly, there is a time and a place to talk about periods. Whilst it's important to encourage an open conversation, explain to your daughter that shouting about how heavy your period was yesterday whilst you're out at a restaurant may not be the best time.

Explain that it's important to have open conversations, but there are also appropriate moments in which to discuss periods and bodies.

4. Everyone is Different

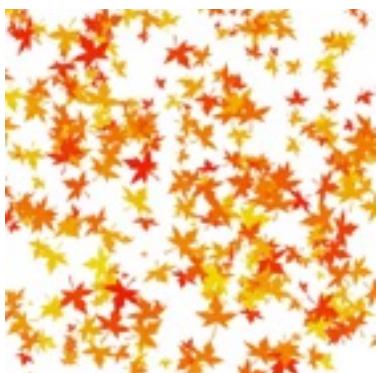


When a young lady is expecting her period, one of the most asked questions is:

"What's normal?"

Explain that there is no normal, everyone's period experience is different. This question also invites a great opportunity to encourage your daughter to speak to you if she's ever worried about anything. You may say something like: "Well, there is no normal. Everyone is different. But if you're ever worried about anything, for example if your period looks right, or if you're losing an okay amount of blood. You can come and talk to me, and I can check for you."

5. Acknowledge Her Feelings.



Everyone's level of comfort is different, and what one person might feel comfortable discussing, another might not. But if you notice your daughter closing up when it comes to body talk and periods, you could say something like:

"I would never want to make you feel uncomfortable. I just want you to know that periods are normal, and body changes are normal too. I want you to know you can talk to me at any time about what's going on for you. I'm always here."

This will let your daughter know that you acknowledge her feelings, whilst wanting to be part of this change with her.

We hope you found this guide to open period conversations useful!

Thank you for reading.

If you'd like to receive more free resources from us, you can subscribe to our mailing list at:

www.openvieweducation.co.uk

T: 07597 984841

E: openvieweducation@gmail.com

OpenView Education
483 Green Lanes,
London,
N13 4BS