



My First Period

A PARENT'S GUIDE

for Girls with Autism & Sensory Differences

Preparing before your daughter's first period can help reduce anxiety, build confidence, and support independence.

Research shows that sensory impact is the most important factor caregivers consider when choosing products, and period underwear was the product most preferred by many autistic youth.

Every child is different—okay! and that's okay!

START PREPARING EARLY

Talk about periods using simple words.



Read social stories together.



Let her wear period underwear before she needs it.



Practice using pads. Practice changing underwear.



Walk through the bathroom routine together.

Practice makes it easier!

THINK ABOUT SENSORY NEEDS

Many girls with autism have heightened sensory sensitivities.



Soft fabrics



Unscented products



Comfortable underwear



Quiet bathroom if possible



Heating pad for cramps



Favorite comfort item nearby



Sensory comfort is often the most important factor when choosing menstrual products.

HELPFUL PRODUCTS

Based on research with autistic youth:



1 Period underwear



2 Disposable pads



3 Reusable cloth pads

Tampons and menstrual cups were least preferred. Consider waiting until older or interested if sensory concerns or anxiety are present.

PRACTICE CHECKLIST



Open a pad.



Peel off the backing.



Stick pad into underwear.



Pull underwear up.



Throw away practice pad.



Wash hands.



Wear period underwear around the house.



Pack a period kit.



CUT ALONG THE DOTTED LINES TO CREATE VISUAL SCHEDULE CARDS



1 Notice your period.



2 Go to the bathroom.



3 Pull underwear down.



4 Put on a clean pad or period underwear.



5 Throw away used pad.



6 Wash your hands.



7

RESOURCE

YouTube Video:

<https://youtu.be/cNMNgJHntwg?is=RepCKN-RlKyGHfqE>



MY PERIOD ROUTINE

Visual Schedule

1



Notice your period. Blood in your underwear or on toilet paper.

It's okay! You are not in trouble.

2



Go to the bathroom.

Take what you need.

3



Pull underwear down.

Take your time.

4



Put on a clean pad or period underwear.

Make sure it feels comfy.

5



Throw away used pad. (Skip this step if you are wearing period underwear.)

Put in the trash.

6



Wash your hands.

Use soap and water.

7



All done! Return to your day.

You did it!

Using this routine each time can help it become easier and more independent!

MY PERIOD KIT



Extra underwear



Pads or period underwear



Wipes (if tolerated)



Extra pants



Comfort item



Plastic bag

PARENT TIPS

Practice before the first period.

Use praise and encouragement.

Keep routines predictable.

Visual schedules can increase independence.

Every child learns at her own pace.

YOU KNOW YOUR CHILD BEST!

Your support, patience, and preparation can make a big difference. You are helping her feel safe, prepared, and confident.

RESOURCE