



skill development for people with special needs

Period Management Programme

Mandatories

- The levels of the programme starts with the mother / caregiver entering the washroom along with the girl and over a period of time fading out till the girl becomes independent in handling her period. There are cases where the girl may not become fully independent. However, with the help of this programme, the girl can be empowered to handle a large part of managing her period with minimal support.
- The girl must have a period bag that must consist of sanitary napkins, disposable bags and spare underwear. There must be dustbin inside the bathroom for immediate disposal.
- Visual steps of the period programme to be stuck to the inner wall of the bathroom, to serve as a reminder to the girl.
- Before you enter the washroom to administer the period programme, request the girl to use the washroom and relieve herself in privacy.
- Respect the privacy and dignity of the girl by ensuring that other family members are not present in that space at that time.
- Ensure that at least one more responsible lady / caregiver is aware of how to help the girl with the programme in situations where the mother / main caregiver is not available.
- There are certain areas of the programme that the girl may not master. For example: opening the disposal bag, removing the sticky tape from the pad, unwrapping the pad from its packaging or something else. Help must be given only in those specific areas and every attempt must be made to give the girl a chance to do the rest on her own.
- There must be a period flash card with a visual in the girl's room or in the bathroom. The girl must be encouraged to point or show the card, at the time of her period and ask for help.



Level 1

Since the mother will be entering the washroom with the girl for changing the pad, it is better that she tells the girl to use the washroom and relieve herself first to ensure privacy. After this, follow the next steps

1. Mother says- You have to change for your period.
2. Mother - take your period bag.
3. Go to washroom.
4. Take out your period bag.
5. Open your period bag.
6. Remove sanitary pad and keep it on the basin.
7. Remove disposal bag and keep it on the basin.
8. Close the period bag and keep it aside.
9. Pull down innerwear and remove the soiled pad.
10. First open the fresh pad, remove sticky tape and wear the fresh pad.
11. Pull up innerwear.
12. Pick up soiled pad and put in disposal bag.
13. Pick up sticky tape and put it in disposal bag.
14. Fold the disposal bag.
15. Push it down in dustbin.
16. Check the toilet seat for stains.
17. Use jet spray and instruct round and round to clean the toilet seat.
18. Wash your hands
19. Come out

Level 2

Mother/caregiver enters the washroom along with the girl. She instructs the girl to keep a fresh napkin and a disposal bag out on the basin or counter. The mother steps out of the bathroom and waits with the door slightly open and asks the girl to change her sanitary napkin. The girl is required to remove the soiled napkin, keep it aside, wear the fresh napkin and pull up her clothes properly. The mother can verbally prompt when she sees the girl hesitate. The girl will then put the soiled napkin inside the disposal bag and push it into the dustbin which is inside the bathroom.

Level 3

The mother / caregiver will not enter the washroom along with the girl.



The mother will ask the girl to shut the washroom door and change. When the girl comes out, the mother will go back inside with her and check – 1. Whether the girl has fixed the fresh sanitary napkin properly 2. Whether she has disposed the soiled pad properly 3. Whether she has left stains on the toilet seat and if so, she will ask her to clean it with the jet spray ‘using the words round and round’

Level 4

The mother will only remind the girl that it is time for her to change her sanitary napkin and to do it. She will then watch and see what steps of the programme the girl is not ready for and prompt where required. She will give the girl the chance to be independent wherever she does not require prompts.