



Getting Ready

HYGIENE BEFORE YOUR FIRST PERIOD

New habits for the months before Day 1 -- not a scramble once it arrives

Your body starts changing well before your first period — new secretions, new sweat, new oil. None of it means something's wrong. It just means it's time to build a few habits now, so Day 1 finds you ready instead of caught off guard.

P.S. — every girl's timeline looks different. There's no “right” age for any of this to start.

WHAT'S CHANGING

- You might notice a little secretion in your underwear months before your first period — that's completely normal, and it means your body is getting ready.
- New sweat, especially under your arms — just puberty starting up, nothing to worry about.
- Skin and hair a little oilier than before, and maybe a few more breakouts. Very common.
- Hair growing in new places, like under your arms — often one of the very first signs, even before much else has changed.

DAILY HABITS

- A daily shower or bath — give extra attention to underarms, feet, and the genital area.
- Outside only, with warm water. Your body cleans the inside on its own — no special washes necessary.
- Cotton underwear, and a fresh pair every day.
- A good time to start wearing deodorant — no big deal, just a new part of the routine.

BEFORE DAY 1

- Tuck a little kit into your backpack: a pad, a spare pair of underwear, a couple of wipes. Most girls carry one for years — just in case.
- Practice opening and sticking on a pad before you actually need one, so it's no big deal when the day comes.
- Know your plan for school — who you'd go to, and where to find the nurse or a bathroom.

WHEN TO ASK A DOCTOR

- Strong odor, unusual color, itching, or pain is your body asking for a little help — tell a parent and see a doctor, don't wait it out.