Growing Up

I am a girl and I am growing up. There are many ways my body is changing now that I am growing up.

I am getting taller. When some people see me, they say they can't believe how much I have grown!
Now that I am getting older, I might have hair growing down in my private area. That is another sign I am growing up.

Another change that happens when girls grow up is starting their periods. When I start my period, I may see some blood in my underpants or on the toilet paper when I wipe.

Some girls my age start growing breasts. They wear bras. When breasts start to grow, they may be a little sore at first. That will go away after a while.

That's ok. It's what happens to big girls and grown up women. Its all part of growing up. It is really called a Menstrual Period, but most people just call it a period.

When I see blood in my pants when I wipe, I can remember just what to do.
There are pads made just for periods that are kept in brown bags in the cabinet at school. I can get a bag with a pad in it and take it with me to the bathroom. I may also take clean underpants with me.

If I am wearing a pad for a while, I may need to take it off and put on a new pad. Each time I go to the bathroom, I can check and see if I need a clean pad.

When I am on the toilet, I can take the pad out of the bag. I can peel the paper off the back so it will stick to my clean underpants. My mom or helper can help me make sure it is in the right place while I am learning.

When the pad has a lot of blood on it, I can take it off, put it in the bag, and put the bag in the trash. Then I can put on a clean pad.
Sometimes when girls are having their periods, their stomach hurts. Sometimes there is medicine that can help, or putting something warm on my stomach might make it feel better.

The stomach ache won’t last long.

There is a lot to think about growing up. But everybody does it.

I am growing every day!

I am glad that I am growing up from a little girl to be a young lady!!!