

Navigating Your Daughter's Universe

An interactive guide dedicated to the dad who is wishing to understand his daughter's body and emotional development.

By Category:

- Period
- Puberty
- Self Care
- Birth Control

- Physical Symptoms
- Emotional Symptoms
- Frequently Asked Question

12 years

Show me:

When to go to the doctor

Related Questions

What does the pain feel like?
The answer to this depends on both the woman and the day of her cycle...

How bloody is it, really?
The answer to this depends on both the woman and the day of her cycle, but the truth is...

How much pre-warning do you get?
Funnily enough, women's bodies don't run like the average...

What if she gets her period at school?
This is probably every girl's greatest fear. Have your daughter keep a few...

Tampons or sanitary pads?
Girls should start out with pads for the first month or so, until they get used...

How long does it last?
It depends. Normal menstruation can last from one to seven days, although...

Does having your period smell?
It shouldn't! Menstrual odor happens when menstrual fluid comes


Is it normal for it to be brown?
The red stuff turns brown over time.) That could be because leftover...

How bloody is it, really?
The answer to this depends on both the woman and the day of her cycle, but the truth is...

Can you feel it when it's happening?
Many people can tell when their period is about to start. They may experience bloating...


HOW TO PREPARE

Pads




[Learn more](#)

Tampons



[Learn more](#)

Period Underwear



[Learn more](#)

HOW TO HANDLE IT

You can help make her more comfortable by:

- Eat a balanced diet with lots of fresh fruit and vegetables
- Reduce her salt intake (salt can cause water retention) and caffeine (which can make her jumpy and anxious)
- Include foods with calcium, which may reduce the severity of her PMS symptoms
- Try over-the-counter pain relievers like acetaminophen or ibuprofen for cramps, headaches, or back pain
- Take a brisk walk or bike ride to relieve stress and aches
- Soak in a warm bath or put a hot water bottle on her abdomen, which may help her relax