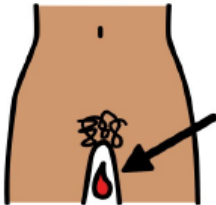


Story About When to Change My Pad

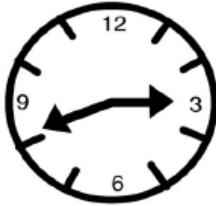
I have my period.




I wear a sanitary pad in my underwear when I have my period.



I need to change my sanitary pad every few hours when I have my period.



There are some times when I will need to change my pad.




When I wake up in the morning I will put a new sanitary pad in my clean underwear.



I will change my pad at lunchtime.



I will change to a clean sanitary pad before dinner.



Finally, I will put on a new sanitary pad in my underwear when I get ready for bed.



Sometimes blood may get on my underwear by accident. If that happens I will need to change my underwear too!



I will let my mom know if there is blood in my underwear so she can help me wash it out.



If I have questions, I can talk to my mom.

