

# PERIOD OF CHANGE



## FIVE THINGS TO INCLUDE IN A FIRST PERIOD BASKET

1



### MENSTRUAL CARE ESSENTIALS

*Practical tools that help her feel prepared and in control.*

- disposable pads (organic/chlorine free) • cloth pads •
- period underwear • small, light-flow tampons •
- small menstrual cup or disc (optional/for later exploration) •
- individually-wrapped freshening wipes •

2



### COMFORT & BODY CARE

*Because menstruation is not something to "push through."*

- reusable heating pad • cozy socks • soft pajamas • magnesium lotion or balm for cramps • herbal tea (raspberry leaf, chamomile, peppermint) • dark chocolate • nourishing snacks •
- Epsom salt bath soak •

3



### CYCLE LITERACY & BODY WISDOM

*Tools that build understanding and confidence.*

- a copy of Period of Change • the Four Seasons Cycle Tracker •
- a small journal or moon diary • colored pens or markers for tracking moods and energy • a small hand mirror • a labeled diagram of the vulva •

4



### CELEBRATION & SYMBOLIC GIFTS

*Reclaiming menarche as an honored rite-of-passage.*

- a piece of jewelry (ruby, garnet, moonstone, or something meaningful) • a red candle • a handwritten letter from you •
- a book of notes/blessings from special women in her life • a flower crown or red ribbon • a list of the women in her Motherline • a Red Party or special gathering •

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### EMOTIONAL SUPPORT & AFFIRMATION

*Creating positive inner narratives and confidence.*

- positive affirmation cards • a period kit with wet bag for her backpack/overnight bag • essential oil spray • a special stuffed animal •
- a playlist of empowering songs • a mother-daughter question jar or journal to share •