

Menstruation

What you might see	What this could mean	Strategies
<ul style="list-style-type: none"> • Child may have difficulty physically managing task. • Child may not be aware of process, provide own sanitary items. • Child unaware of hygiene concerning periods – regular changing. • Child may have difficulty coping with the concept of menstruation. 	<ul style="list-style-type: none"> • Impaired upper limb, fine motor skills and manual dexterity. • Poor body awareness. • Reduced knowledge of necessary sanitary items. • Poor routine established re regular change. Reduced knowledge of menstruation / sexuality issues. • Cognitive deficit. • Knowledge of changing body/puberty. 	<ul style="list-style-type: none"> • Education appropriate to child's cognitive level. • Reinforce step-by-step approach, pre-organised care plan. • Use a personal organizer to help prompt plan, check and change sanitary items. • Establish an appropriate staff member responsible for helping after consulting the child.