

The Dad's Survival Kit™: Period Edition

Keep it stocked and ready!



The Essentials

- Pads & liners (variety of absorbencies)
- Tampons (various sizes)
- Period underwear
- Reusable, washable, waterproof bags (for discreet disposal)



Comfort & Care

- Heating pad or heat patches (for cramps)
- Pain relief (paracetamol or ibuprofen, as age-appropriate)
- Soft wipes (hypoallergenic for freshness)
- Spare underwear (for emergencies)
- A spare lip balm (always needed!)
- Dark chocolate or favourite treats (for a boost!)
- Tea bags (chamomile, peppermint, or ginger can be soothing)

The Dad's Survival Kit™: Period Edition



Emergency Extras

- A Small notebook & pen (to track cycles or symptoms or just to doodle)
- A "How To" guide (for each item in the kit)
- Hand sanitizer (for hygiene on the go)
- Hair ties
- Tissues (always useful!)
- A Positive Vibes note from Dad (because support matters!)

How to Use This Pack

- Keep it somewhere accessible (car, bathroom, school bag).
- Refill it regularly.
- Stay relaxed and let your child know you have their back!



You've got this, Dad!