

Teaching Your Teen About Tampons



Pick a private time to discuss the use of tampons to make them comfortable.



Put them at ease by talking about your first experience with a tampon and answer their questions to remove any fear.

Introduce them to all types and sizes of tampons and when to use which one based on their flow.



Pick an instructional video by a professional to help them understand the process better.

Instruct them to change the tampon after every four to six hours to avoid bacterial toxin poisoning.



Let them know that used tampons should always be thrown in the trash and never flushed.

References:

1. How To Teach Your Teen To Use a Tampon; Cleveland Clinic