

Tips for puberty/periods and accurate estimations.

from Period expert 2.0 aka WOW

online:

<https://www.allthetests.com/fan-fiction/ask-advice-get-answers/c>

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Introduction

Hey! it's me period expert 2.0 aka WOW.

I am here to help you all and I will give you accurate estimations, answers and tips!

Thank you to all the people who encouraged me to create this!

Special thanks to: Eveline and THE period expert.

My mom is a gynecologist so I have learned a thing or 2 but please note that my estimations are not 100% accurate as everybody is different.

Before we start with, here is a table of context:

Chapter 1) (this one) estimations for period

Chapter 2) Period hacks, tips and tricks

Chapter 3) FAQ (answers to frequently asked questions)

Chapter 4) Not released yet but it is recommendations and facts for period products

RULES:

? No commenting if it's related to things other than puberty/periods/girly stuff.

?No arguing/swearing/cussing/cursing.

?If you are a "friend" of mine from the other website PLEASE don't talk to me via this website. I'm not "WOW" here, I'm period expert 2.0.

? If you have huge changes in symptoms. You are free to visit back for a re-estimate. You can also return if you have a question or to just look at the tips in my chapters.

?Secret (secret is a name of a person) is not welcome here...

? NO AGGIES/MAGMAS please!

Please follow these rules (thank you!)



Chapter 1

Heyyy!

I just wanted to thank everyone one more time for encouraging me to create this, it makes me so happy to know that I am helping people!

DISCLAIMER: Please note that I am not a real life expert, my mom however is a gynaecologist so I have learned a thing or 2. I base my estimations using scientific data however everybody is different! So please don't expect my estimations to be a 100% accurate.

((bold))Comment down below your estimations or questions about anything related to puberty including periods. I have my period and I am more than happy to help you:)

If you need a estimate comment like this:

Your age:

Mom and/or female relative's age when she got her period:

Breast stage:

Cramps: you can answer the below 5 questions (including this one) with yes or no, if it is a yes, please since when and how regularly, for example: Cramps: yes, have been getting it from 4 months ago, have it once a week.

Acne breakouts:

Bloating:

Mood swings:

Spotting:

Discharge: please answer the below questions with what colour and consistency (amount)

Armpit hair:

Leg and hair arm:

Public hair (hair down there):

Height:

Weight:

Hips: (how curved are they?)

Do you have a crush or a girlfriend/boyfriend:

The tips are in the next "chapters" ;)

Also feel free to give me any feedback or recommendations for further chapters! I would love to hear them!:))

Please give this a star rating and press "I like it" if you do!:))

X.O.X.O



Chapter 2

Period hacks, tips and tricks ;).

A smart way to hide your emergency supplies is by keeping them in your "spare" water bottle, this way, you can say "I have to re-fill my water bottle" Then you can go to the toilet and change your pads, tampons etc.!). Also when you are on your period you can hide tampons and pads in your sleeves / bras. This way, you do not need to carry a purse to the toilet. If the school you go to doesn't allow toilet breaks during lesson time, wear a night-time pad so that it will last for the whole school day. The pads may be bulky so wear loose pants if you are going to do this.:

Always have a girl emergency kit (for periods but also other girl emergencies)

How to make one? Put the below materials in a purse, bag, container etc.!

You will need:

?A purse/bag/a non-transparent water bottle that is unused.

?Pads/cups/sponges/tampons etc. (your choice)

?Extra underwear

?Pain killers (for cramps)

?Dark chocolate (cravings)

?Deodorant

?Wet wipes (Starting from this material, the below options are most optional)

?Hand sanitizer

?Tissues

?Hair ties

?Bobby pins / hair clips

?Small mirror and brush

Tips for cramps!

Over-the-counter pain medicine like ibuprofen (Advil)

Get/make a heating pad.

Eat a banana.

Exercise.

Drink tea.

Take a hot bath/shower.

AVOID for cramps

caffeine (coffee)

sugar

How to make a heating pad (super easy!)

Method 1

Get a large, clean sock.

Fill it with un-cooked rice.

Tie the opening of the sock.

Warm it in the oven. (30 sec - 2 minutes would do)

Lay it on your tummy/ wherever you have cramps.

Method 2

Get a water-bottle (which you CAN fill with hot water)

Fill a water bottle with very hot (boiling) water

Lay it on your tummy/ wherever you have cramps.

Tips for bloating:

Don't drink sodas instead drink LOTS of water.

Avoid chewing gum.

Reduce the amount of salt you eat.

Eat fruits, vegetables and whole grains items.

Try diuretics. (They are a safe medicine used for all ages)

Listen to these safe subliminals (videos)below. I researched and found these, I assure you, they are

<https://www.YouTube.com/watch?v=9PH7Gszjk6U>

https://www.YouTube.com/watch?v=Bbu-3Kh_Z5Q

Subliminals are music, behind the music there are voices that have HIDDEN messages called affirmations, for example "I am happy" or "I have no cramps" and your subconscious picks these up and acts on them by giving real results! Don't worry because these work (I tried them and they are my personal favs). But when will they work? The timing is different for everybody, it depends on your level of subconscious. For me, it takes 3 listens a day to reduce cramps cramps..

Here is what you need to do while listening to the videos:

? Drink as much water as you can

? Visualize your results (for example, imagine yourself in a cramp-free body)

? Be in a calm environment.

? Stop thinking about results so much

? Think positively and believe!

? Listen as much as you can!

Feel free to explore more in the subliminal community, just make sure that you find safe, trusting channels such as: Eggtopia, Beauty Krystalized and Kapelsu. ONLY USE SUBLIMINALS FOR GOOD THINGS, BECAUSE THEY CAN BE DANGEROUS!

Give this a star rating, "I like it" or comment for part 2!

I really hope these tips helped! Try them out and tell me how it goes!

X.O.X.O



Chapter 3

FAQ (Answers to frequent questions)

Is it spotting, red/brown discharge or my period!

This is one of the most frequent doubt everyone has. I have been asked and I can see why, they have little differences

Here is how to tell the differences:

?Spotting is dots and mostly pink/brown, they last for maximum 2 days.

?Red/brown discharge has no spots but is kind of a blob, it is a liquid substance, if you don't see any, spotty, goopy, liquid substance than it is a period.

?Period is just blood (it can be mixed with discharge sometimes) it lasts for minimum 2 days and is not spots and it is not very goopy.

How to measure bra size?

I would have given an explanation however I realised my friend (Ash) has already given an explanation that I couldn't have given better myself on the site below! I decided to post her page link. Please note that ALL credit for the link goes to Ash

<https://www.allthetests.com/fan-fiction/advice/quiz38/1599079662/bra-size-learn-how-to-find-it>

How to tell your mom/dad/guardian about puberty and periods?

Remember that your mom was once your age whom as gone through the same things as you, so you should not be afraid to tell here anything! I know it can be awkward but once you open up to her, your relationship will get closer. You must be brave because puberty and periods are a normal thing that everyone goes through!

These are the important (main) 3 steps to talk about anything related to puberty:

1) Prepare what your going to say. Maybe write down the key ideas in a notebook and practise. (Maybe write a letter if your uncomfortable talking and slip it in their purse, notebook etc.)

2) Find appropriate timing. Approach her/him/them when she isn't busy and when her/him/them is calm. Ask them if you can have a moment with them. Maybe if you want to ask for a bra, you can go shopping with your mom and drag her to the bra section.

3) Start of with something like "mom/dad (whatever) I feel a bit awkward talking about this but [insert topic you want to talk about for example bras, puberty, periods etc.]"

[https://www.wikihow.com/Ask-Your-Mom-About-Puberty-\(for-Girls\)](https://www.wikihow.com/Ask-Your-Mom-About-Puberty-(for-Girls))

<https://www.wikihow.com/Tell-Your-Parents-You-Started-Your-Period>

<https://always.com/en-us/tips-and-advice/your-first-period/your-first-period-how-to-tell-your-mom>

<https://www.wikihow.com/Ask-for-a-Bra>

copy paste the above links for useful tips and steps of how to talk about puberty including periods, bras etc.

How to make your first period come faster?

The amount of time I have been asked this is just OMG!

Unfortunately, there are no 100% safe methods I know that you can make your period come faster. You all know I care about you. Thus, I don't want to provide you guys methods that have not yet scientifically proven. Please do NOT follow instructions on random/unsafe websites online because they can possibly harm/delay your period.

However, don't feel too bummed just yet, it is scientifically proven that you must (mostly) be around 100 pounds for your period to arrive (you need enough fat to produce a period). So if you are below a 100 pounds you can try to GAIN weight.

For example, I had a 14 or 13 (I don't remember) who had ALL the symptoms but still no period, this was an athlete who was very sporty and was below 100 pounds. So if she gained weight, it is most likely that her first period would come.

If you are above 100 pounds and still no period, don't worry! Consider yourself lucky because periods are not really fun. If people pick on you or you feel left out tell them to leave you alone and/or state the fact that periods do suck. You go girl!

(BUT In my previous chapter I have tips for a smoother, better periods)

Also feel free to give me any feedback or recommendations for further chapters! I would love to hear them!:)

Please give this a star rating and press "I like it" if you do!:)

ATTENTION! This chapter is "complete" BUT I will possibly still be adding more to this chapter later so keep checking it out(ecur))

- ? You can wear it for up to 10-12 hours! So you only have to change it around 2 - 3 times a day and you can sleep with it.
- ? In a period cup, you don't have a chance of getting TTS which stands for Toxic Shock Syndrome. In tampons you do.
- ? It is re-usable and you can use it up to 8 years!
- ? It is eco-friendly.
- ? It captures the blood instead of soaking it (which is healthier).
- ? You can swim, run, do whatever with it just like a tampon but you don't have to keep changing it out.
- ? You only have to carry a tiny bag (with the cup) instead of many pads/tampons.
- ? You can use it for all ages and it is very easy to insert once you practise and get the hang of it.

Recommended apps for periods

Apps I would recommend for periods are "clue" and "Flo" .

The link for downloading the apps are below. They are both free and downloadable on both IOS and Android.

Clue- <https://helloclue.com>

Flo - <https://flo.health>

Clue is a period tracking app. Every month you enter your symptoms and how you are feeling. It is an amazingly accurate app that I use and love. It identifies patterns in your symptoms and it predicts your future symptoms to keep you prepared!

Flo is another app, it tracks periods and it also focuses on pregnancy. There is a secret chat feature that allows you to ask questions about anything related to periods, relationship etc.

Chapter 5

How to deal with sticky situations

- 1) School
- 2) Pool
- 3) Mall

ATTENTION! I'm still working on this chapter-

Chapter 6

How to wear/insert period products.

1) pad

2) tampon

3) menstrual cup

4) Period undies