I change my pad

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The following words are for carers who want a readymade story rather than making up your own.

Page 1: Bishesta helps with the household chores.
Page 2: Bishesta refuses to eat because she has menstrual cramps.
Page 3: Bishesta has menstrual cramps.
Page 4: Bishesta goes to Perana for help.
Page 5: Perana comforts Bishesta.
Page 6: Perana gives Bishesta a hot water bag to put on her stomach. Perana comforts Bishesta.
Page 7: Bishesta gets up in the morning and sees blood on her bed.
Page 8: Bishesta goes to see Perana.
Page 9: Bishesta shows Perana the blood in her bed.
Page 10: Perana gives a clean menstrual cloth to Bishesta.
Page 11: Perana puts more menstrual cloths in the menstrual storage bag.
Page 12: Perana shows Bishesta how to put the menstrual cloth in her underwear.
Page 13: Perana explains to Bishesta that girls menstruate when they reach puberty. It is normal and there is nothing to be scared about.
Page 14: Perana shows Bishesta her menstrual storage bag and the menstrual shoulder bag.
Page 15: Perana shows Bishesta the menstrual bin.
Page 16: Bishesta puts her used menstrual cloth in the bin.
Page 17: Bishesta washes her hands with soap and water.
Page 18: Bishesta washes her used menstrual cloth. Perana guides her to do this.
Page 19: Bishesta hangs the washed menstrual pad in direct sunlight to dry. Perana guides her to do this.
Page 20: The Bishesta family sit and eat together.
Page 21: A group of people greet Bishesta and Perana.
Page 22: Bishesta is happy and comfortable. Perana is proud of Bishesta.