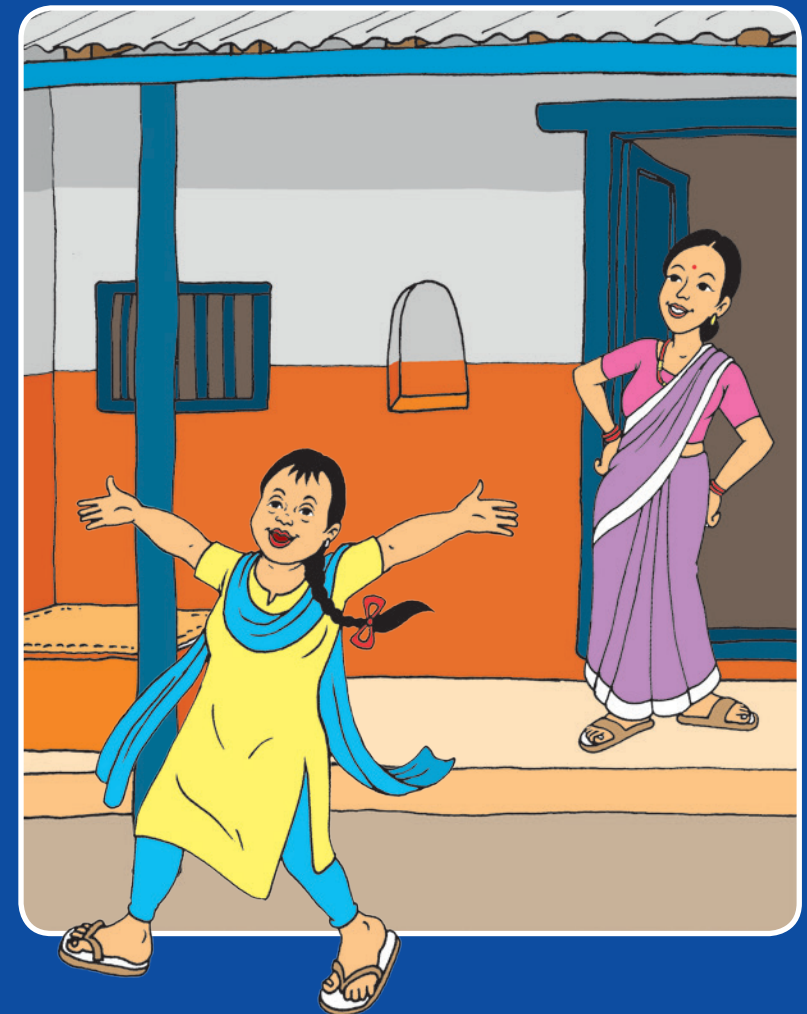


प्रेरणादायी स्याहार



विशेषताको आधार

I change my pad



Jane Wilbur, Thérèse Mahon and Shila Thapa
Illustrations by Raju Shakya (Sarab)









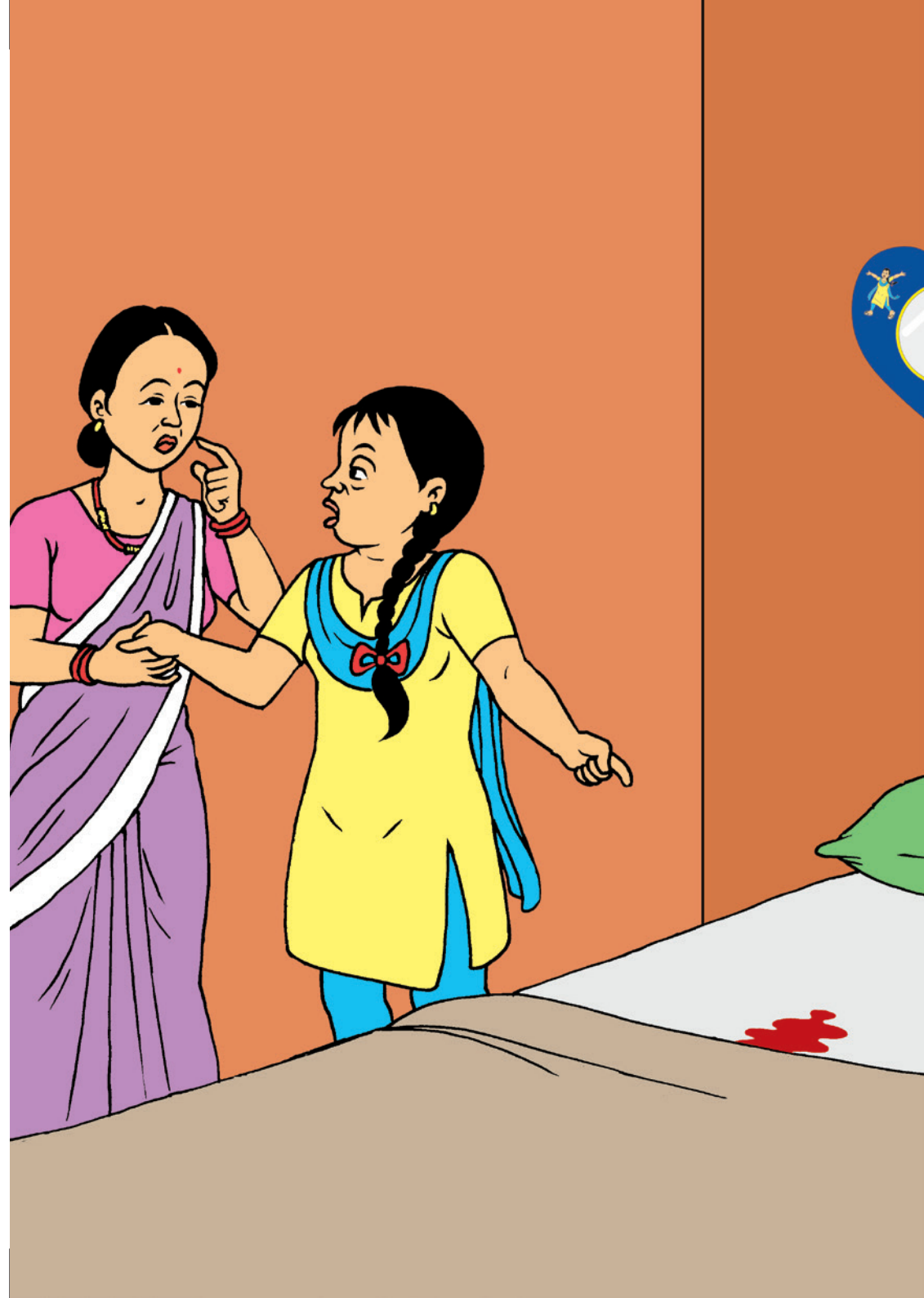






































The following words are for carers who want a ready-made story rather than making up your own.

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.