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| This form is designed to be used in conjunction with a Continence Care Plan to document an agreed approach to learning and care, however can be used as a standalone for to support children and young people with menstrual management. This form must be developed in consultation with parent/guardians, and where possible the child or young person.This information is confidential and will be available only to relevant staff and emergency medical personnel. |
| Name of child/young person: |  | DOB: |  |
| Allergies: |  | Review date: |  |
| Education or care service: |  |
| Contact staff member: |  |  |

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| **Tasks for care and learning** | Independent | Learning at home | Learning at school | Dependent | **Comments/further information** |
| **Menstrual management** |
| Aware of need to change pad/tampon | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Shuts/locks cubicle door | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Pulls down pants | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Removes used pad/tampon | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Disposes of used pad/tampon | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Aware of need to change underwear (if required) | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Removes soiled underwear | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Places underwear in bag | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Puts on clean underwear | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Adheres pad to pants | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Inserts tampon (NBL Staff will not insert tampon) | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |

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| **Tasks for care and learning** | Independent | Learning at home | Learning at school | Dependent | **Comments/further information** |
| **Menstrual management (cont.)** |
| Pulls up pants | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Pain management | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| **Handwashing** |
| Remembers  | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Uses soap | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Uses taps | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Washes hands adequately | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| Dries hands on towel or hand drier | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
| **Other tasks** |
|       | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
|       | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
|       | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |
|       | **[ ]**  | **[ ]**  | **[ ]**  | **[ ]**  |       |

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| **Terminology preference** | **Personal kit contents** *(if required)* details/further information |
| Menstruation |       | **[ ]**  | Flannels / wipes  |       |
| Blood |       | **[ ]**  | Disposable cloths |       |
| Sanitary napkin / pad |       | **[ ]**  | Soap (optional) |       |
| Tampon |       | **[ ]**  | Towel (optional) |       |
| Vagina |       | **[ ]**  | Panty liner |       |
| Pain |       | **[ ]**  | Sanitary napkin / pad / tampon |       |
|       |       | **[ ]**  | Spare underwear |       |
|       |       | **[ ]**  | Spare clothing |       |
|  |  | **[ ]**  | Plastic bag (for soiled clothing) |       |
|  |  | **[ ]**  |       |       |
| **Other issues** | **Action required** |
| Expression of pain |       |
| Swimming |       |
|       |       |
|       |       |
|       |       |
|       |       |