

# The Three P's

*Everyone does it and yet no one wants to talk about it.*

## Pee

- Urine should be clear and yellow. If it is not, you should tell someone.
- Use unscented toilet paper or unscented bathroom wipes. Wipe front to back.
- Use clean toilet paper with every wipe.
- Wash your hands while you sing "Happy Birthday" after you flush.

## Poop

- Know what a good-looking poop is and what is diarrhea. Pooping once a day is normal. Not pooping for four days is not good, and you need to tell someone.
- Use unscented toilet paper or unscented wipes to clean.
- Gently wipe bottom until clean, use clean toilet paper with every wipe.
- Big poops require two flushes- two wipes and flush- two more wipes and flush.
- If unable to completely clean, ask for help. A sitz bath for five minutes will help. A sitz bath is a basin that you put over your toilet and fill with warm water. You sit in the water up to your hips for five minutes. Make sure to thoroughly dry your bottom with a towel.
- Wash your hands while you sing "Happy Birthday" after you flush.

## Period

*Having a period is normal and a natural part of being a woman.*

- Blood can be bright red, dark red or rusty red in color. Color can change.
- You can use a feminine product (maxi pad or tampon) or use period underwear. You may want to practice wearing a maxi pad, pantyliner or period underwear before you use it.
- Do not use a tampon if you are not having your period.
- It is very important to change your maxi pad or tampon every 2-4 hours, depending on the flow. Change period underwear every morning and before bedtime.
- Wrap your maxi pad or tampon in toilet paper and put it in the trash can. Never flush a maxi pad or tampon down the toilet. Period underwear can be rinsed, washed and reused.
- It is important to empty trash bin every two days.
- Wash your hands while singing "Happy Birthday" after changing your feminine product.
- Keep track of the first and last day of your period on a calendar or use a period tracker app. Flo Period Tracker, Period Diary App and Apple Health are some examples of trackers. Your period should come every 21 to 35 days. This varies if you are on medication to change a period.
- Wear a pantyliner two days before your period and two days after your period. This prevents embarrassing moments.
- If you have bleeding in-between your periods, tell someone about it.

***Gentle encouragement  
and consistency are key.***