SAKINAH STORIES™

My Period Pocket Guide

Products

Pads: change every 4 to 6 hours.
Liners: for very light days.
Period underwear: rinse, wash, wear again.
Wrap it, bin it, wash hands!

My deen

No salah, no make-ups.
No fasting, make up Ramadan days later.
Dua, dhikr, kindness: always!
Ghusl when it's over, then pray.

Comfort

Warmth, gentle moving, warm drinks, water, iron foods, rest.
Medicine only with a grown-up.

Say it simply

"I'm excused today."
No shame. Allah made me this way.

Tell a grown-up if: pain stops normal life · soaking a pad every 1 to 2 hours · bleeding more than 7 days · feeling dizzy or faint · no period for 3 months after it's been regular