

# Puberty Part 2: Managing Periods

September 25, 2025

1:30-2:30pm MDT

Caregivers will develop a plan to support their child to be independent with managing their periods. This is the second session of a 2-part webinar series. Participants must attend "Preparing for periods" before registering for this webinar.

**\*\*Please note that this session will not be recorded or uploaded to our website.**



## Learning Outcomes:

- Develop a plan to help your child manage periods in different settings
- Explore different period management options
- Help your child to manage their periods by themselves

## Speakers:

Melany Duffin is an Occupational Therapist with AHS Pediatric Rehabilitation. She has worked in the USA, Scotland and Alberta. She has been working with children for the past 25 years.

Liz Mathew is an Occupational Therapist with AHS Pediatric Rehabilitation. She has worked in several countries and Alberta in a variety of settings. She has been working with children and families for 40 years.



**Target Audience:** This webinar is intended for parents or caregivers of children aged 8-18, who are neurodiverse or have physical, cognitive, or mental health challenges, and who can manage toileting without adult support.

Please register for session at:  
<https://fntn.ca/Home/Register-VC?eid=22100>

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