



Eco-friendly period products for primary schools, including reusable period pants

Cardiff primary schools provide free sanitary (period) products to pupils as part of Cardiff Council's 'Period Dignity' programme. The Welsh Government requires local authorities to ensure at least 50% of the grant is used to buy eco-friendly period products.

Pupils in primary schools will already have access to disposable eco-friendly **period (sanitary) pads**. From autumn 2023, reusable **period pants** will also be available for free at primary schools. This guidance aims to provide parents and carers with information about this product, including how to use and clean them. It is recommended that parents/carers discuss the options with any of their children who need period products with an aim to be supportive of their choices on how they want to manage their period.

As well as being an excellent eco-friendly option, period pants are proving to be popular with young people due to the ease of use. If worn when a pupil's period is due, period pants can also provide reassurance if they start their period when in lessons.



Period Pants (Sporty) by 'Cheeky Baby Products':

- ✓ Main body of the pants is cotton/elastane (95%/5%), with a waterproof outer layer
- ✓ Come with a wet bag (3 pairs per bag)
- ✓ Range of sizes available (size 4-6 to 12-14)
- ✓ [Useful links \(click below\):](#)

How to care for period pants: [Washing and Care Instructions for Period Underwear and Reusable Cotton Pads \(cheekywipes.com\)](#)

'How to clean period pants' video: [Instagram](#), [Facebook](#)

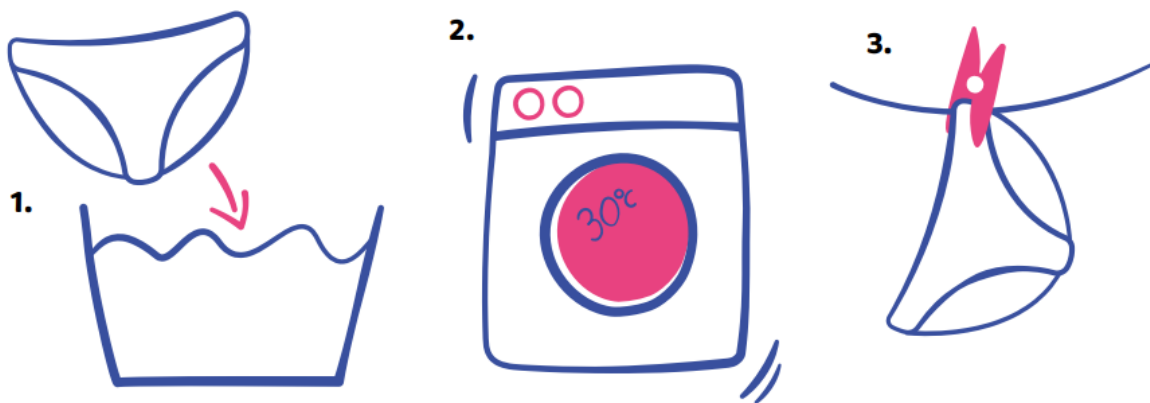


Quick guide on using period pants:

- Wear like a normal pair of pants. It's that easy.
- Period pants can be worn for up to 8 hours depending on your flow, and they can be worn overnight.
- On heavier days, a reusable pad could be worn with the period pants in the morning, then the pad removed at lunchtime.

Quick guide on washing period pants:

1. Before washing, give them a rinse and soak in cold water until ready to wash them (wash within 48 hours).
2. Wash on a 30°C cycle with a normal load. Don't use fabric conditioner/softener.
3. Hang to dry (don't use a tumble drier).



Whatever products your child chooses to use for their period, the options available from their school will help them to access more eco-friendly and sustainable products for free. If you and your child would like to look at some general information about periods, some useful websites include:

- Bloody Brilliant Wales (Bilingual) - [Bloody Brilliant - Home](#)
- NHS - <https://www.nhs.uk/conditions/periods/>
- Brook - [Periods – Brook](#)
- Hey Girls - [Fact File - Hey Girls](#)
- National Autistic Society - [Sex education - a guide for parents \(autism.org.uk\)](#) – Includes information on puberty and periods.
-  Cheeky Baby Products - The Period Hub App on iOS and apple

In addition to schools, period products can be accessed for free in Cardiff Hubs, for adults and young people.

