



# Sanskriti KMV School

## 19<sup>th</sup> May 2026, Tuesday

### *Her First Period: An Essential Parent Guide*

*A daughter's first period is not just a biological milestone — it is an emotional journey that needs care, understanding, reassurance, and the right guidance from parents.*

In this insightful and heartwarming session, renowned gynaecologist **Dr. Sushma Chawla** shares valuable guidance on how mothers can prepare their daughters emotionally and physically for this important phase of life. The session highlights the vital role parents play in building a daughter's confidence and comfort.

When girls are guided with love, awareness, and sensitivity, they grow into informed, fearless, and confident young women. Because awareness today shapes empowered women tomorrow.

 *Watch/Listen to the podcast here:*

[https://www.instagram.com/reel/DYYvxLZibd\\_/?igsh=MTRmb3dxb3VraDRsZg==](https://www.instagram.com/reel/DYYvxLZibd_/?igsh=MTRmb3dxb3VraDRsZg==)

PRINCIPAL

