

♥♥ Hey you! ♥♥

If you're reading this note then that means you've started your period. I'm sorry I couldn't be there, but here are some things to help you get through the rest of the day!

The wipes are flushable, so you can flush them like toilet paper.

If your underwear is totally gross and you just want to throw them away, that's fine. If they aren't that bad, stick them in a ziploc bag and put them back in this bag and bring them home.

If you're cramping, open up the heat wrap and stick it on your stomach or back or wherever you're cramping.

And have some chocolate! Chocolate is never a bad idea.

See you soon!

♥ Mom

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