



Positively preparing girls for puberty

The PoGo Pack™

A complete PERIOD KIT for girls



Contains everything a girl needs to manage her periods with confidence

- ♥ Perfect for girls in early puberty
- ♥ Ideal for holidays and sleepovers
- ♥ Plus a pull-out purse for school use

www.pogopack.co.uk

We're positively preparing girls for puberty



The arrival of a girl's first period can't be predicted – but she can be prepared.

The **PoGo Pack™** is an all-in-one period kit providing appropriate products and information for young girls.

Offering convenience for busy parents, the **PoGo Pack™** also helps to bridge the gap when parents or girls find the subject difficult to discuss openly.



This go-anywhere pack can be refilled with any brand of pad and will give years of use.

As girls are now starting their periods as young as eight, ensure your daughter is prepared for the unexpected !

CONTENTS:

- ♥ **Pads specially selected to fit girls**
4 panty liners • 6 ultra thin regular pads • 2 night pads
- ♥ **A timeless period planner** that enables girls to track their periods and learn to identify their menstrual cycle.
- ♥ **Easy-to-understand information** about periods, using sanitary pads, hygiene and more.
- ♥ **The handy, pull-out PoGo Purse™** which can be filled for everyday use, such as school and days out.
- ♥ **A pen & notebook** for girls to record their experiences at this time of change.
- ♥ **A packet of tissues**
- ♥ **Disposal bags**

Our website offers lots more support: answers to common questions, books about puberty and links to educational websites, so girls can be well informed and gain confidence about managing their periods.



Girls are always prepared with the PoGo Pack™!

Available online at www.pogopack.co.uk
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