

ABSTRACT

Early childhood education for children's provision is important. Menstrual readiness needs to be instilled in girls. Lack of knowledge or insight affects children's readiness and anxiety about menstruation. It is known that the age for girls to experience puberty generally starts from 8-13 years, depending on health conditions, weight, genetics, and nutritional intake. From this information it can be seen that awareness is needed for children regarding knowledge about the changes that will occur in their growing bodies, or in other words, children's growth when they enter puberty. This study aims to equip girls with knowledge about menstruation to prepare them to face menstruation by designing an illustrated educational book. Data collection for this study was conducted through observation, questionnaires, interviews, and literature study. With books, girls gain knowledge regarding menstruation, preparation for menstruation, , the signs they will experience, and how to deal with it. Therefore, girls can be equipped by providing them with educational books to read which contain provision of menstruation with guidelines/steps supported by illustrations that are of interest to children.

Keywords: Menstruation, Educational Media, Provision, Children.