

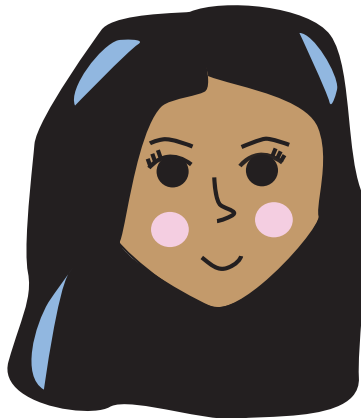
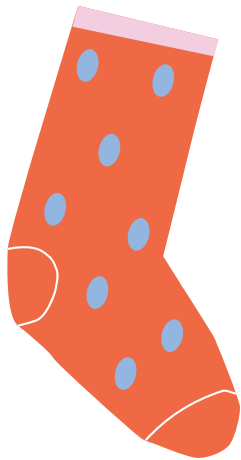
# DIY HEATING PADS

## WHAT ARE CRAMPS?

- cramps happen because our uterus have muscle and muscles squeeze & release to move
- sometimes, muscles work too hard and cause cramps that can be painful
- muscles make chemicals when they move, and your blood vessels carry those chemicals away
- your blood vessels bring your muscles oxygen and carry away the chemical stuff

## HOW DO HEATING PADS WORK?

- heat can help move the chemicals away faster to relieve pain
- heat can be a comforting sensation
- be careful to not heat your pad too much!
  - please ask your parents to help you heat it
  - you can burn yourself if it is too hot
- only use the heating pad for 10-30 minutes
- place the pad on the lower part of your tummy where the cramps come from



## DIY SOCK HEATING PAD STEPS

1. You will need socks, rice, and rubber bands
  - A. essential oils are optional if you would like to add scent to the pad
2. Open the sock with your hand
3. Pour the rice into the opened sock
4. Tie-off the sock with the rubber band
5. Knot the sock to seal off the top tightly
6. While warming the sock, you should not heat it for more than 2 minutes
  - A. if using essential oils, dispense a few drops onto the sock then heat it