

# The Bloom Buddy Partner Cheat Sheet

*Pay attention. Ask kindly. Stay flexible.*

**The everyday rule:** A cycle clue is not a conclusion. Ask: “Would comfort, help, company, or space feel best today?”

| Moment           | A supportive response                                                                                                                         |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| Menstrual days   | Possible needs include rest, warmth, practical help, pain relief, or no special treatment. Offer one concrete kindness and accept her answer. |
| Follicular days  | She may notice returning energy—or no change. Suggest plans instead of placing them on her calendar.                                          |
| Around ovulation | She may feel more social or interested in intimacy—or not. A phase never equals consent and cannot prove fertility.                           |
| Luteal days      | She may appreciate fewer demands, comfort, sleep, patience, or an ordinary routine. Never dismiss a real concern as “just PMS.”               |

## Three phrases that help

“What would make today easier?”

“Would you like me to listen or help solve it?”

“We can change the plan.”

## For fathers

Make periods ordinary to discuss. Keep supplies available, protect privacy, believe pain, avoid jokes, and help her seek qualified care when symptoms are severe or disruptive.

**Privacy promise:** View or sync cycle information only with her clear permission. Never share it. Bloom Buddy is an awareness and communication aid—not a diagnostic tool, fertility test, contraceptive, or substitute for professional care.