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# The Girls Body Book: Everything You Need To Know For Growing Up YOU



## Synopsis

Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Girl's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a girl might have. Topics include: From hair care to high heels, a head to toe guide to what's happening with your changing body Dealing with your friends even when they don't want to deal with you " and how to handle "œMean Girls" • Your guide to the care and keeping of parents, teachers, brothers, and sisters Sports, music, math, art, reading: finding out what you like and learning to like who you are

## Book Information

Age Range: 10 and up

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Average Customer Review: 4.6 out of 5 stars 96 customer reviews

Best Sellers Rank: #215,414 in Books (See Top 100 in Books) #43 in Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #1256 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women

## Customer Reviews

Kelli Dunham, RN, BSN is a nurse, a comedian, and an author of three other books: How To Survive and Maybe Even Love Nursing School, How to Survive and Maybe Even Love Your Life As A Nurse, and The Boy's Body Book. In her spare time she likes to read, skateboard, and embarrass her niece Viola when the whole family goes to the supermarket. Laura Tallardy is an illustrator who graduated from Syracuse University's illustration program and has vowed to never go anywhere that chilly again. She has illustrated the Lily Series, the Friend2Friend Club series, and is a frequent contributor to Girls' Life and American Girl magazines. She currently lives in Brooklyn with her favorite critter Bender.

I bought this for my 6-year old based on reviews. It is a really great, easy to read and informative

book. It is not dumbed down in any way, but manages to have a voice that a young girl can understand. That said, it is way too much for my 6-year old. It is absolutely more for a 10-12 year old, a girl on the verge of getting her period/boobs/etc. My daughter isn't even aware yet or asking the questions that this book answers, so I am just going to keep it aside until she is ready. Still, I am glad I ordered it, I just wish I had waited a few years!

My eight year is loving this book. I read it first before letting her read it and felt there was only a few things that she didn't apply yet to her but she still read the whole book and we talked about things in the book that she questioned and didn't understand. All in all it's a great beginner book and the next book we get will explain about babies as this book only talks about the girl's body and the changes coming. Excellent book. As a side note, the previous reviews I read before I purchased the book was excellent and is really helpful in making the decision exactly what book to get.

I read this book before giving it to my 10 1/2 year old. It's well written and age appropriate. It has some really great information about development, how to take care of your body, and why good hygiene and eating habits are important. My daughter already said "ew!" to the chapter that touches on boys and romance....good to know puberty isn't in full swing just yet for her :)

I read the book when it arrived. It's very easy to understand. My daughter and I already started talking about some body changes, but this will help her understand more and maybe ask some questions without being embarrassed. Growing up can be a scary thing, and there is no reason for it to be, with simple, honest answers.

I gave this to my 9 year old. I read it first. IT goes over body changes without getting into sex. So it's a great book for them to start learning about the changes and letting you wait a little to get into more mature topics.

The information in this book is really good. However, I suggest the topics get rearranged by the age changes might happen. Like the part about getting a job should be at the end not before the menstrual cycle stuff.

If you have an adolescent boy or girl I find these books incredibly helpful. I bought this one for my granddaughter as she is 10 and things are starting to change for her. I asked her mom first and she

thought it was a great idea. It opens dialogue and allows the discussions to flow when the child is ready for each question. I bought these types of books for my son as I was a single mom and it was so very helpful.

Gave to my 11yr old daughter to read and let me know if she has questions. It's been a great way to get the conversation started, since I'm anxious about it!

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