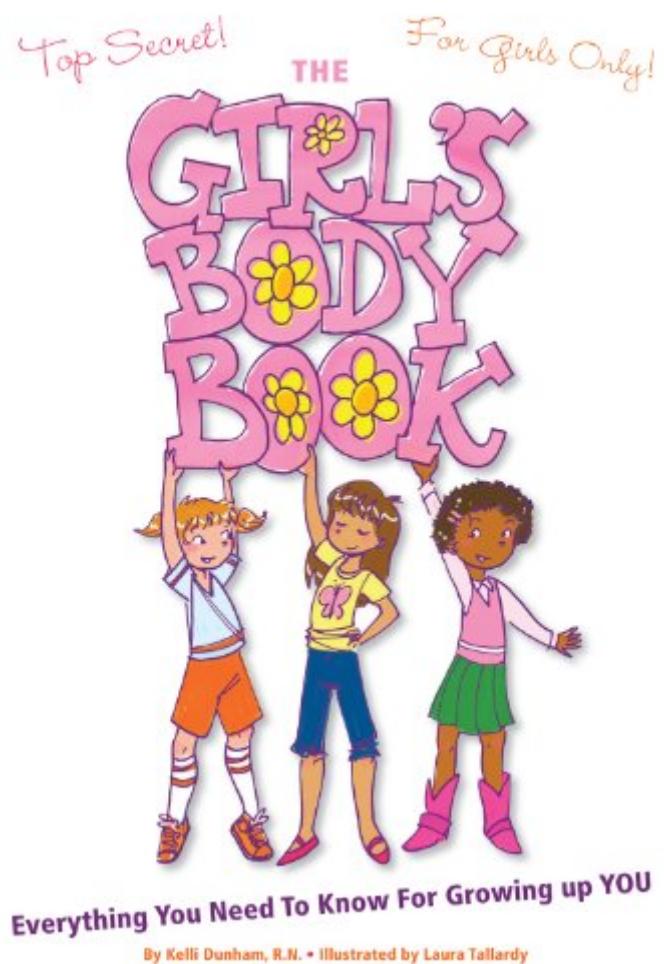


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# The Girl's Body Book: Everything You Need To Know For Growing Up YOU (Girlsworld)



## Synopsis

Just as boys headed straight to last season's The Boy's Body Book for information and reassurance, this companion volume is destined to become the go-to guide for adolescent females. Fun to read and easy to carry, it answers all the important questions about becoming a woman that girls are sometimes too embarrassed to ask. From hygiene to exercise, teachers to peer pressure, everything's discussed here, in a frank and friendly way: parents that drive you crazy, boys who've caught your eye, best friends, physical changes and menstruation, schools and grades, body image and proper nutrition, and moodiness and other emotional stuff. Sections on high school, part-time jobs, and even career planning will feed a girl's dreams of the future. This entertaining, enlightening, and joyously illustrated look at growing up will be a staple of every girl's bookshelf for generations to come. From School Library Journal Grade 4-7 •Dunham provides honest answers to girls' most pressing (and embarrassing) questions. The text reassures girls entering puberty that their changing bodies and feelings are perfectly normal. Breast development, body hair, and menstruation are explained along with practical information about bras and sanitary products. The later chapters discuss the emotional side of entering adolescence—•one's changing relationships with friends and family and the effects of surging hormones. The author maintains the neutrality of a good healthcare provider and does not waver into a lecture. However, the "Notes from a Real Girl" passages don't always ring true. They sound like a real girl who was an adolescent in the 1980s. Overall, the book's tone and lively cartoon illustrations are friendly and nonthreatening. While this title does not stand out as groundbreaking or new, it's still a solid choice for basic information about puberty. •Elaine Baran Black, Georgia Public Library Service, Atlanta Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

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## **Customer Reviews**

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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