

[PDF] The Girl's Body Book: Everything You Need To Know For Growing Up YOU (Turtleback School & Library Binding Edition)

Kelli Dunham, Laura Tallardy - pdf download free book



Books Details:

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Description:

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*

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