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### **The Girls Body Book**

Product details Age Range: 9 - 12 years  
Grade Level: 4 - 6 Paperback: 148 pages  
Publisher: Applesauce Press; Revised,

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The Care and Keeping of You: the Body Book for Girls is a reference book for young girls about to enter puberty. It covers topics ranging from hygiene to exercise to self-image. It gives necessary information but doesn't go into too much detail on sensitive topics. Certain sections may still need a parent's approval.



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## **The Care & Keeping of You: The Body Book for Girls by ...**

Zoë is sharing everything she learned about puberty in The Girls Body Book. It's a great way to teach girls about the changes they will encounter

## **Girl Talk: The Girls Body Book**

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Girls will find age-appropriate answers to questions about their changing bodies, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between. And once she feels comfortable with what's happening, she'll be ready to move on to the *The Care & Keeping of You 2!* Paperback. 104 pages. SKU#: F2032

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## **The Care and Keeping of You 1 | Truly Me | American Girl**

Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos, and facts from the experts. (Medical consultant: Cara Natterson, MD.)

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## **The Care and Keeping of You: The Body Book for the Younger ...**

Parents need to know that The Care and Keeping of You 2: The Body Book for Older Girls is a concise yet detailed guide for girls going through puberty. Written by pediatrician Cara Natterson, it's the sequel to American Girl's

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companion book for younger girls. The book does not touch on sexual behavior: It doesn't explain intercourse, address sexually transmitted infections, discuss choices about sexual activity, or reference hetero or same-sex relationships.

### **The Care and Keeping of You 2: The**

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## **Body Book for Older Girls**

through are preparing your body for reproduction (having children). Your body changes and the way you look at the world will likely change as well. Puberty is a gradual thing and everyone goes through it. Puberty happens to you even while you are getting your homework done, swimming at the

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beach, or going to the movies. It is the body's

## **Girls and Puberty - WA Health**

Increased body fat is also a normal part of puberty. "You may go from 8% to 21% body fat," says Kathy McCoy, MD, a psychiatrist who co-wrote The Teenage Body Book and who was a columnist

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for...

## **A Girl's Changing Body: What Happens in Puberty**

New Book The Care and Keeping of You 2: The Body Book for Older Girls

**[Read PDF] The Care and Keeping of You 2: The Body Book ...**



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A beautiful picture book about the journey of a girls body during puberty and growing up. The impact those changes on the outside can have on our insides. It stresses the importance of self acceptance. Also, practicing self care and self love should start sooner rather than later, and should be part of your life routine.

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## **Love Your Body by Jessica Sanders - Goodreads**

Product Description. . The Ultimate Body Book for Girls answers all those awkward questions that girls have about their changing bodies and more, mixing fun with great advice for growing girls.

Written by Dr. Walt Larimore, an award-

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winning family physician, and bestselling author, and Dr. Mari Wohlever, this book emphasizes the need for girls to communicate their questions and feelings with a trusted adult.

### **The Ultimate Girls' Body Book: Not-So-Silly Questions ...**

From the author of our bestselling Care

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& Keeping Of™ series! This book is full of advice, tips, and facts from a pediatrician about how the body changes. Boys will find age-appropriate answers to questions about voice changes, acne, bad breath, shaving, and everything in between. 112 pages. Paperback. Author: Dr. Cara Natterson. SKU#: FGM82

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## **Guy Stuff: The Body Book for Boys | American Girl**

In this video I show you some books that we have used for talking about where babies come from and about a girl's changing body. The Wonderful Way Babies are...

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## **Review: Babies, Your Body, & Puberty Books**

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## **Google Books**

The Girl Guide dives into some topics in-depth, like the section on menstruation. But most of the time Ibrahim

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hopscotches all over, bouncing from how to handle inappropriate attention to embarrassing poops, gender identity, fashion, yeast infections, UTIs, and drugs and smoking.

### **The Girl Guide: 50 Ways to Learn to Love Your Changing Body**

COVID-19 Updates and Resources

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Amazon.com: Celebrate Your Body 2: The Ultimate Puberty Book for Preteen and Teen Girls (Audible Audio Edition): Tiffany Morgan, Dr. Carrie Leff, Dr. Lisa Klein, Audible Studios: Audible Audiobooks

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