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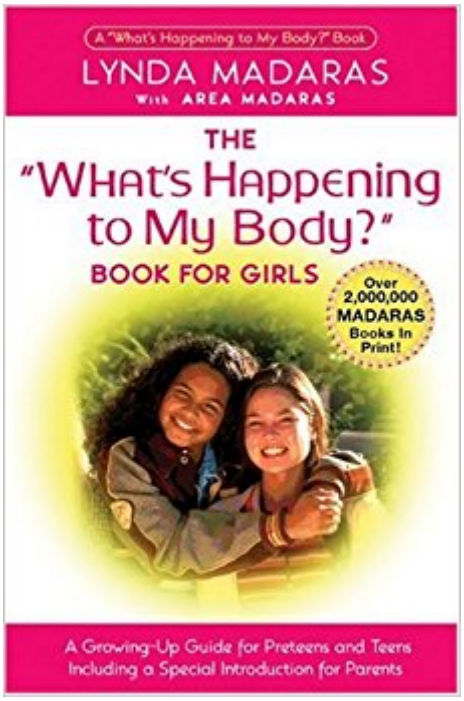
The What's Happening To My Body? Book For Girls: A Growing-Up Guide For Parents And Daughters



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Synopsis

The best book on puberty for 9-15 year old girls completely updated for the first time in 12 years! Selected as a "Best Book for Young Adults" by the American Library Association--The classic puberty education book for 9-15 year-old girls (over 500,000 copies sold), now thoroughly updated and freshly redesigned for the first time in 12 years. Now for the first time since the medical journal Pediatrics published its news-making, large-scale study indicating that puberty begins in girls even earlier than previously believed, Lynda Madaras has thoroughly rewritten, updated and expanded her classic book to address the younger girl and her concerns. As before, in age appropriate-language, the book covers the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, pubic hair, and includes a full chapter on puberty in boys. Reacting to the thousands of letters Madaras receives from kids all over the world, with a multitude of questions, as well as with new research data, she has made changes as follows: * more discussion on when a girl will begin puberty * more on the emotional and physical development and how that compares to other girls of the same age. Also what to do with unwanted attention because of early development * new sections on diet, exercise, and health, with help on avoiding weight problems and eating disorders; avoiding unhealthy uses of drugs, alcohol, and tobacco * discussion of the " female athletic syndrome" * more practical advice on products from treating acne to menstruation protection to sports bras * internet resources that will guide the younger and older girls to more explicit, appropriate-to-their-age information on romance, sex, contraception, STDs, pregnancy, and multiple births. Over 1,200,000 copies of Lynda Madaras books sold!

Book Information

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Customer Reviews

"I kept wanting it to happen. When it did I remember thinking, 'It's about time.'" "I was worried at first. Then it really wasn't so bad after all." "I remember my brothers weren't allowed to hit me in the chest anymore. I was kind of pleased about that." What mysterious condition are these now grown-up girls talking about? Ah, yes, puberty! With scads of personal stories and an abundance of useful, detailed information about girls' changing bodies and feelings, author Lynda Madaras and her daughter Area Madaras have expanded their guide for girls on the verge of change. First published in 1983, the bestselling classic has been revised and updated several times over the years to keep up with ever evolving facts and wisdom about puberty in girls. In this third edition, the authors continue their straight talk on the menstrual cycle, reproductive organs, breasts, emotional changes, puberty in boys, body hair, pimples, masturbation, and all the other fun, scary, and interesting things that go along with growing up. Filled with anecdotes, illustrations, diagrams, and honest, sensitive, nonjudgmental information for the young girl, the revised edition also addresses the new scientific facts about when a girl actually begins puberty (earlier than previously thought), advice on "female athletic syndrome," eating disorders, unwanted attention because of early development, and information on eating right, exercise, AIDS, STDs, birth control, and so much more. A welcome, reassuring book for parents and daughters, designed with the understanding that some girls and parents will want to read it together, and some will want to read it on their own; without a doubt, though, all will benefit. Got boys? Don't miss What's Happening to My Body? Book for Boys. (Ages 8 to 15) --Emilie Coulter

Reviewed with Lynda Madaras' The What's Happening to My Body? Book for Boys. Gr. 4-8. In these new editions of her classic guides, Madaras has made significant changes to reflect the younger age at which children are now reaching puberty. She has cut out the chapters about sex, birth control, pregnancy, and STDs, although she includes a rich appendix of resources on these topics. Mostly, the books concentrate on the physical changes that occur during puberty, with new chapters designed to serve as "owners manuals": in Boys, there's new information about shaving and answers to questions about penis size; in Girls, there's an expanded "all about having periods" section. As in the previous editions, the tone is matter-of-fact and comforting, and Madaras has further simplified the sentence structure and word choices, in some cases perhaps too much; the section on sexual harassment, for example, is somewhat vague and slightly unfocused. Overall, however, these are excellent new editions that make fine resources even more accessible to a young audience. Sure to encourage dialogue between kids and parents. Gillian EngbergCopyright Ã Â© American Library Association. All rights reserved --This text refers to an out of print or

unavailable edition of this title.

This is a very complete book and I really appreciate the scientific and medical emphasis. Although topics are presented in a matter of fact way, the author has gone to great lengths to make this a readable book for young girls aged 10-15.

My daughter who is 12 found it helpful and said she would recommend other girls read it. Helps to supplement some of the conversions we have about growing up and changes.

This book does not only describe in great detail what's going on with the female body but with the male body, also has very explicit pictures! I had my mom look at the book to approve it before I gave it to my daughter and if it's mom approved then gets my approval! Sometimes it's hard to talk to our kids about sexuality or what will be happening to their bodies this book helps!!

Very informative for a growing girl.

Good book to read and talk to your daughter about.

I love all her books. She explains things using both correct and slang terms in ways that are age appropriate. It's important to read the descriptions and reviews of the books and select the ones that match the stage of development your child is in. Some have criticized that she is too graphic but in the world we live in today kids are exposed to sex and sexuality very early. My granddaughter asked me what a slang term for an alternative sexual act meant when she was in third grade. She had heard it discussed on the playground! No,she doesn't go to an inner city troubled school. We have a small town school that draws from surrounding rural areas as well as the town. My point is that unless you keep your children at home 24/7 they will have awkward questions. Giving accurate, factual information is important and kids deserve honest answers to questions they may ask. Lynda Madrasas' books do that and are especially helpful for parents who are not comfortable discussing sexual issues. It's also a great way to get a discussion going between parents and children, which after all, is the ideal.Oh, and yes I did answer my granddaughter's question. Turns out the playground discussion had been graphic enough that she had a good idea of the answer. She asked me because to her mind it was just too gross to be possible. Hold that thought for another 15 years! LOL

Definitely helps when explaining things to a growing girl. The pictures helped in that discussion.

Great seller ! Fast shipping This book Is not for kids!! Wait to much inappropriate material IE... Slang words for private words .Thanks for that info my kids didn't know what those words were they do now!!

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